

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]

[Recipient's Name]
[Recipient's Address]
[City, State, Zip Code]

Dear [Recipient's Name],

I hope this letter finds you well. I've been doing a lot of thinking and I feel it is important to reach out to you. I want to sincerely apologize for my sudden silence and for essentially ghosting you.

Things got overwhelming for me, and instead of communicating my feelings, I chose to withdraw, which was unfair to you and our relationship. I understand that my lack of communication may have caused you confusion and hurt, and for that, I am truly sorry.

You deserve honesty and respect, and I regret not being able to provide that. I value the connection we had and the time we spent together, and I hope that you can find it in your heart to forgive me.

If you're open to it, I would love the chance to talk and explain myself further. However, I completely understand if you need time or space.

Thank you for considering my apology. I hope to hear from you soon.

Warm regards,

[Your Name]