

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

Dear [Her Name],

I hope this letter finds you well. I want to take a moment to express my sincerest apologies for [specific action or situation]. I realize that my actions may have hurt you, and for that, I am truly sorry.

I understand how my behavior affected you, and it was never my intention to cause you pain. I value our relationship deeply, and the last thing I want is to jeopardize what we have.

Please know that I am taking steps to ensure that this doesn't happen again. I want to learn from this experience and grow as a person and partner. Your feelings are important to me, and I want to continue to support and cherish you.

I really miss [something you both enjoyed or a memory you share], and I hope we can talk about this soon. I'm here to listen to how you feel and to work through this together.

Thank you for your understanding and patience.

With all my love,

[Your Name]