

Dear Mom,

I hope this letter finds you in good health and spirits. As I sit down to write this, I am filled with a deep sense of regret for the hurt I have caused you in the past. I know I have made mistakes and I take full responsibility for my actions.

Looking back, I realize how my choices affected you, and it pains me to think of the tears I may have caused. You always taught me to be strong and kind, yet I let you down. I want you to know that I am truly sorry for my behavior and for the times I didn't appreciate your sacrifices.

I cherish all the moments we shared and the love you have always given me. It's important to me that you understand how deeply I regret my past actions and how committed I am to making things right. I admire your strength and resilience, and I aspire to embody those qualities myself.

Please forgive me for the pain I've caused. I am working on becoming a better person and healing the wounds I created. I love you more than words can express, and I hope we can move forward together.

Thank you for being the incredible mom you are. I appreciate you more than you know.

With all my love,

[Your Name]