Dear Dad,

I hope this letter finds you well. I am writing to sincerely apologize for my actions recently. I realize that I made mistakes that hurt you, and I want to take full responsibility for them.

Looking back, I can see how my choices affected you, and I deeply regret not considering your feelings at the time. It was never my intention to hurt you, and I am truly sorry for my behavior.

I appreciate everything you have done for me and the values you have instilled in me. I promise to learn from this experience and work hard to earn back your trust.

Thank you for your understanding, and I love you very much.

Sincerely,

[Your Name]