

Dear [Spouse's Name],

I hope this letter finds you well. I want to take a moment to express my deepest apologies for my actions that have hurt you. I recognize that I have made mistakes that have impacted our relationship, and for that, I am truly sorry.

It pains me to think of the way I made you feel, and I want you to know that it was never my intention to cause you any pain or distress. I value our relationship and the life we've built together, and I am committed to making amends.

I am asking for your forgiveness, not only to heal the wounds I've caused but also to start rebuilding the trust that has been damaged. I am open to any conversation that you feel comfortable having and willing to make the necessary changes to ensure this doesn't happen again.

Please know that my love for you remains steadfast, and I am hopeful that we can work through this together. Thank you for considering my request for forgiveness.

With all my love,

[Your Name]