

Dear [Spouse's Name],

I hope this letter finds you in good spirits, though I know I have caused you pain. I want to take a moment to express my deepest apologies for [specific action or behavior].

Looking back, I realize how my actions may have hurt you and affected our relationship. I never intended to cause you any distress, and for that, I am truly sorry. You mean the world to me, and it breaks my heart to know that I have let you down.

It's important to me that you know how much I value our relationship. I cherish our moments together and all the love we share. I am committed to being a better partner and learning from my mistakes. I promise to work on [specific action to change], so this does not happen again.

Please take all the time you need to process this. I genuinely hope we can talk things over and heal together. Your forgiveness would mean everything to me.

I love you more than words can express, and I am here whenever you're ready to talk.

With all my love,

[Your Name]