

My Dearest [Spouse's Name]

I hope this letter finds you in good spirits, though I know my recent actions have caused you pain. I want to take a moment to express my sincerest regret for [specific action or situation]. It was never my intention to hurt you, and I am deeply sorry for any distress I have caused.

You mean the world to me, and seeing you upset is something I cannot bear. Reflecting on my behavior, I understand how it affected our relationship, and I am committed to making things right. Please know that I am willing to do whatever it takes to rebuild the trust and love we share.

I cherish all the moments we have spent together, and I am hopeful that we can move past this together. Your forgiveness would mean everything to me, and I promise to learn from this experience.

Thank you for your patience and understanding. I love you deeply and am looking forward to making things better between us.

With all my love,
[Your Name]