

# Dear [Recipient's Name],

I hope this letter finds you well. I am writing to express my heartfelt remorse for not being there for you when you needed me the most. It pains me to think that I failed you during such a difficult time.

There are no excuses that can truly justify my absence, and I regret not being a source of support and comfort for you. You deserved my presence, and I deeply regret allowing my circumstances to interfere with my duties as a friend/family member.

Reflecting on the moments we missed together fills me with a sense of sorrow, and I wish I could turn back time to be by your side. Please know that I am truly sorry and that you have always meant a great deal to me.

I hope that you can find it in your heart to forgive me. I am committed to being more present and supportive in the future, no matter the circumstances.

Thank you for understanding, and I look forward to the opportunity to make amends.

Sincerely,  
[Your Name]