

Letter of Contrition

Date: [Insert Date]

Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my sincerest apologies for the thoughtless words I spoke during our recent conversation. I realize that my comments may have caused you pain, and that was never my intention.

Upon reflecting on our interaction, I feel deep remorse for not considering your feelings before I spoke. I understand now how my words may have affected you and I regret not being more mindful at that moment.

Please know that I value our relationship and it pains me to think that I may have jeopardized it with my insensitivity. I am committed to being more thoughtful in our future interactions and ensuring that my words reflect the respect and appreciation I have for you.

Thank you for your understanding and patience. I hope we can move past this together and continue to strengthen our bond.

Sincerely,

[Your Name]