

# Dear [Family Member's Name],

I hope this letter finds you in good spirits. I want to take a moment to acknowledge the hurt I caused you during [specific event or situation]. I deeply regret my actions and the pain they brought to our relationship.

It was never my intention to hurt you, and I realize now how my words/actions affected you. I am truly sorry for the distress I caused and the impact it had on our family.

Your feelings are valid, and I understand if you need time to process everything. I value our relationship more than anything, and I am committed to making amends and ensuring that this does not happen again.

Please know that I am here to listen to your feelings and work towards healing together. I hope we can move forward and strengthen our bond.

With love,

[Your Name]