

Dear [Parent's Name],

I hope this letter finds you well. I am writing to express my deepest apologies for my recent actions that have caused you pain and disappointment. I realize now how my behavior affected you, and I am truly sorry for any hurt I may have caused.

It was never my intention to upset you, and looking back, I understand how my words and actions were thoughtless. I take full responsibility and want you to know that I am committed to making things right between us.

Please know that I deeply appreciate everything you have done for me, and I regret not showing my gratitude and respect in return. I am learning from this experience and working on being a better person.

I hope you can forgive me, and I look forward to the opportunity to talk and work through this together.

With all my love,

[Your Name]