

Dear [Recipient's Name],

I hope this letter finds you well. I am writing to express my sincerest apologies for my recent behavior, which I deeply regret. I acknowledge that I have neglected to stand by you during a time when you needed my support most.

It pains me to recognize that I failed to be the friend/partner you deserved, and for that, I am truly sorry. I understand that my actions may have caused you distress, and it is my hope to make amends.

Please know that I am committed to learning from this experience and ensuring that it does not happen again in the future. Your feelings and well-being are incredibly important to me.

If you are willing, I would appreciate the opportunity to discuss this matter further and find a path towards rebuilding the trust that has been lost.

Thank you for taking the time to read my letter.

Sincerely,
[Your Name]