

# Apology Letter to Someone you Hurt

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Dear [Name],

I've spent a lot of time thinking about what happened between us, and I feel a profound sense of regret for the pain I've caused you. Writing this letter is not easy for me, but it's necessary. I owe you a sincere apology for [briefly describing what happened or the action that caused the hurt], and I want you to know from the bottom of my heart that I am truly sorry.

In hindsight, I see how my actions were hurtful and how they might have made you feel [describe the feelings they might have felt, e.g., "betrayed," "disrespected," "unvalued"]. It was never my intention to cause you any distress, but intentions aside, I understand that what I did was wrong and had a negative impact on you and our relationship.

Since then, I've been reflecting on my behavior and why I acted the way I did. I realize now more than ever the importance of being mindful of my actions and their effect on the people around me, especially those I care about deeply. I'm committed to making changes in my behavior to ensure that I do not repeat the same mistake.

I miss our [describe the relationship, e.g., "friendship," "connection," "times together"] and the joy that it brought into my life. I understand, however, that healing takes time, and trust, once broken, isn't easily restored. I am willing to give you all the time you need and am ready to take whatever steps necessary to prove that I can be a better [friend/partner/person] to you.

Please let me know if there's any way I can make amends. I would appreciate the opportunity to talk about this with you, whenever you feel ready. Regardless of the

outcome, please know that I deeply regret hurting you and losing the special bond we once shared.

Thank you for taking the time to read my letter. I hope that, in time, we can find a way to move past this and rebuild what was lost. Until then, I wish you all the best and hope you find happiness and peace.

**With deepest apologies,**

**[Your Name]**