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# Long Emotional Sorry Letter For Girlfriend

Dear[Girlfriend's Name],

As I sit down to write this letter, I'm overwhelmed with a mixture of emotions. Regret, sadness, and a deep sense of longing for the connection we've seemed to lose because of my actions. I've spent countless hours reflecting on what happened, understanding the depth of my mistake, and figuring out the best way to convey my sincerest apologies to you. I hope you can feel the sincerity in my words as I pour out my heart to you.

First and foremost, I want to say I'm sorry. I know these words can seem so small compared to the pain I've caused, but I mean them from the deepest part of my heart. My actions [briefly describe the mistake] were thoughtless and entirely out of line. I've hurt you, the last person in the world I ever wanted to cause any pain. Seeing the disappointment and sadness in your eyes was a wake-up call for me. It made me realize the gravity of my actions and how they've affected the person I cherish the most.

I understand that apologies at this point might not undo the hurt, but I want you to know that I am fully accountable for what I've done. The thought of you carrying this pain weighs heavily on me every day and night. It's a reminder of how far I've strayed from being the partner you deserve. You've always been there for me, supporting me, loving me unconditionally, and I took that for granted.

In my moments of reflection, I've come to understand not just the 'what' of my actions but the 'why' behind them. I've realized [mention any realizations about your behavior, e.g., "I've been taking my stresses out on you instead of communicating openly," or "I've

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been selfish, not considering your feelings and needs"]. Acknowledging this has been painful but necessary for my personal growth and our relationship's healing.

I miss us. I miss the way you laugh at my jokes, the warmth of your embrace, and the light in your eyes when we share our dreams for the future. I'm committed to making changes, not just in words but in actions. I've started [mention any specific actions you've taken, like seeking counseling, working on communication skills, etc.], ensuring I never make the same mistake again. I want to rebuild the trust we've lost and work towards a future where we both feel valued, loved, and understood.

I understand if you need time and space to heal. I'm prepared to give you both, for as long as you need. My love for you is enduring, and I'm willing to wait and do whatever it takes to prove that my apology is not just a mere collection of words but a promise of a better, more loving, and respectful future together.

Please take all the time you need to read this letter and reflect on what you want for us. I'm here, ready to listen, understand, and make amends. Regardless of where we go from here, please know that loving you has been the most profound, beautiful experience of my life. I'm profoundly sorry for the pain I've caused and hope for the chance to prove my love and commitment to you every day moving forward.

**With all my love and deepest apologies,**

**[Your Name]**