

Heartfelt Apology

Subject: I am Sorry for the Hurt I Caused

Dear [Ex's Name],

I hope this message finds you in peace. I have been reflecting on our time together, and I feel the need to sincerely apologize for the pain and disappointment I caused you. You did not deserve the way I treated you, and I take full responsibility for my actions.

Looking back, I realize how much I hurt someone who only wanted the best for me. My mistakes cost us a relationship that was once beautiful, and I deeply regret that. Please know that this apology is not to reopen old wounds but to bring closure and to acknowledge the wrongs I committed.

You will always have my respect and gratitude for the memories we shared. I wish you nothing but happiness and love in your life moving forward.

Sincerely,

[Your Name]

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