

Sad Apology

Subject: My Regrets and Apology

Dear [Ex's Name],

There isn't a day that goes by without me wishing I had treated you better. The sadness I feel when I think of how I hurt you is something I carry with me, and I can't undo the past.

I regret my choices, my words, and my actions that led us here. I should have been kinder, more attentive, and more loving. You gave so much, and I gave so little in return.

I don't expect forgiveness, but I do want you to know that I am deeply sorry. My hope is that you have found peace and happiness, even if it's without me.

With regret,

[Your Name]

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