

Quick Sorry Note

[Husband's Name],

I've been thinking about our conversation this morning, and I realize I completely misunderstood what you were trying to tell me about your work situation. I jumped to conclusions and probably made you feel like I wasn't really listening to you.

You were trying to share something important with me, and instead of being supportive, I made it about me and my worries. That wasn't fair to you, and I'm sorry for not being a better listener.

I know you're dealing with a lot of stress at work right now, and the last thing you need is for me to add more pressure. You work so hard for our family, and I should be your safe space to vent and share, not someone who makes things more complicated.

Can we try this conversation again tonight? I promise to really listen this time and support you however you need.

Love you,

[Your Name]

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