Sincere apology to mother for harsh words

Dear Mom,

I've been thinking about our conversation, and I realize how wrong I was. The words I said were hurtful and completely out of line, and I deeply regret them.

You've always been there for me, supporting me through every challenge and celebrating every success. You didn't deserve my anger or harsh words, especially when you were only trying to help me see things more clearly.

I was frustrated about other things in my life, but that's no excuse for taking it out on you. You raised me to be better than that, and I failed to live up to the values you taught me.

Please forgive me, Mom. I love you more than words can express, and I promise to work on managing my emotions better. You mean everything to me, and I never want to hurt you again.

Your loving child

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