

Serious formal apology for physical harm

Subject: Sincere Apology for My Actions

Dear [Victim's Name],

I am writing to offer my deepest and most sincere apology for the physical harm I caused you on [Date]. There is no excuse for my behavior, and I take full responsibility for my actions.

I understand that my conduct was completely unacceptable and has likely caused you physical pain, emotional distress, and disruption to your daily life. I deeply regret that my poor judgment and lack of self-control resulted in harm to you.

I want you to know that I am committed to making amends for my actions. I am currently seeking professional help to address the issues that led to this incident, including anger management counseling. I am also prepared to cover any medical expenses or other costs you have incurred as a result of my actions.

I understand if you cannot forgive me, and I respect whatever decision you make regarding our interaction moving forward. My primary concern is your wellbeing and recovery.

Please know that I am genuinely remorseful and will work every day to ensure this never happens again.

Sincerely,

[Your Name]

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