

Personal apology for psychological damage

Subject: Heartfelt Apology

Dear [Victim's Name],

I have been struggling with how to reach out to you, knowing that my words caused you significant emotional pain. After much reflection, I realized that remaining silent would only compound the harm I've already caused.

What I said to you was cruel, thoughtless, and completely inappropriate. I spoke in anger and said things that I know have deeply hurt you. There is no justification for the way I treated you, and I am ashamed of my behavior.

I can only imagine how my words affected your self-esteem and emotional wellbeing. You did not deserve to be spoken to in such a manner, and I am truly sorry for the pain I have caused you.

I am working with a counselor to understand why I reacted so poorly and to develop better communication skills. While this doesn't excuse my actions, I want you to know that I am committed to personal growth and change.

I hope that someday you might be able to forgive me, though I understand if that is not possible. You have every right to be angry with me.

With sincere regret,

[Your Name]

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