

Deeply remorseful apology for abusive behavior

Subject: My Deepest Apologies and Regret

Dear [Victim's Name],

I have struggled for a long time with how to express the depth of my regret for the way I treated you during our relationship. I know that words can never undo the harm I caused, but I felt I needed to try to convey how sorry I am.

I was controlling, manipulative, and emotionally abusive. I isolated you from friends and family, undermined your confidence, and made you afraid in what should have been a safe relationship. I robbed you of your sense of security and self-worth, and for that, I am profoundly sorry.

I have spent considerable time in therapy trying to understand how I became someone capable of such behavior. I have learned that my actions were about my own insecurities and need for control, and had nothing to do with anything you did or didn't do.

You deserved to be treated with love, respect, and kindness. Instead, I caused you pain and trauma that I know will take time to heal. I am deeply ashamed of who I was in that relationship.

I am not asking for forgiveness or a response to this letter. I simply wanted you to know that I understand the magnitude of what I did, and I am committed to becoming a better person so that I never cause such harm to another person again.

I hope you are finding peace and healing, and I wish you all the happiness you deserve.

With deep regret and remorse,

[Your Name]

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