

Sample Apology Letter for Being Jealous

Dear [Recipient's Name],

I am writing this letter to apologize for my feelings of jealousy. My emotions got the better of me, and I deeply regret any tension or discomfort my actions may have caused.

I value our relationship and I am committed to addressing my insecurities and working on my emotions. Please accept my sincere apology, and I hope we can continue our interactions on a positive and supportive note.

Thank you for your understanding.

Sincerely,

[Your Name]