

## Sample Apology Letter for Not Taking Criticism

Dear [Recipient's Name],

I am writing this letter to apologize for not taking your constructive criticism well. My defensiveness was inappropriate, and I deeply regret any misunderstanding or tension my behavior may have caused.

I understand the importance of learning from feedback, and I am committed to being more open to criticism and using it to improve in the future. Please accept my sincere apology, and I hope we can communicate and share feedback more effectively.

Thank you for your understanding.

Sincerely,

[Your Name]