

Simple apology for everyday conflict

Hi Honey,

I wanted to reach out and say sorry for how things went earlier today. I think we both got a little heated, and I said some things I shouldn't have.

I've been thinking about it, and I realize I wasn't really listening to what you were trying to tell me. Instead of getting defensive, I should have tried to understand your point of view better.

I know we're both stressed with everything going on, but that's no excuse for taking it out on each other. You're my teammate, not my opponent, and I need to remember that.

I love you, and I hate when we're not okay with each other. Can we start over tonight?

Love always,

[Your Name]

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