

DEAR _____,

I AM WRITING THIS APOLOGY LETTER TO REPAIR THE DAMAGE THAT MY PAST BEHAVIORS HAVE CAUSED OUR RELATIONSHIP.

- **I AM SORRY FOR:**

- **AFTER MY ACTIONS, I THINK YOU FELT:**

_____ **BECAUSE** _____

- **AT THE TIME, I FELT: _____ BECAUSE _____**

- **MY ACTIONS WERE RIGHT/WRONG (CIRCLE ONE)**

BECAUSE _____

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- **RIGHT NOW I FEEL:**

_____ **BECAUSE** _____

- **FROM THIS EXPERIENCE, I HAVE LEARNED:**

- **IN THE FUTURE, I WILL:**

SIGN YOUR NAME

DATE