

Heartfelt Apology Letter to Spouse/Partner After an Argument

My Dearest [Partner's Name],

I'm sitting here writing this with a heavy heart because I hate that we're in this place right now. I'm so sorry for what I said during our argument. My words were hurtful and harsh, and you didn't deserve that.

In the heat of the moment, I let my frustration take over, and I said things that I deeply regret. You are the most important person in my life, and hurting you hurts me just as much. I was wrong to [specific action/words], and I should have handled my emotions better.

I've been reflecting on what happened, and I realize that [insight about yourself or the situation]. I'm committed to working on this aspect of myself because you deserve better, and our relationship deserves better.

I love you more than anything, and I hope we can move past this together. You mean everything to me, and I promise to do better. Can we talk when you're ready?

All my love,

[Your Name]

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