

# Apology Letter to Ex Wife

[RECIPIENT NAME]:

I've made many mistakes in the past that I'm not proud of. During our break-up, I made choices that I will regret for the rest of my life. Instead of bringing us closer together, I ended up pushing you farther away. I'm really sorry for this. I am sorry for the arguments I started with you at 3 or 4 in the morning. I should have left those issues and concerns until we found a better time. Instead, I argued with you and woke the children up on a number of occasions because I was yelling. I am sorry for doing the things I did to intimidate you into doing what I wanted you to do. I was wrong and I had no right to do any of those things to you.

I am sorry for not being who I wish I had been during the time when I was "stressed out" with work and put more and more pressure on you to do more of my share of what needed to be done in our family and in our relationship. I am sorry for putting off things that were important to you. I am sorry for the many names I called you. I am sorry for continually questioning who you were and what you were doing.

I am sorry for telling you that you would regret all of this and that you were ruining my life. [RECIPIENT NAME], you didn't ruin our relationship and our family and my life. I did. And I'm the one who is now regretting it. I have made so many mistakes in our relationship. If I could go back in time to correct my wrongs, I certainly would. But I can't do that, so correcting my wrongs starts now. I know I can't correct the abusive and controlling things I did to you, but I'm going to do my best to make sure that you never see that side of me again. I know that, even though we are apart, we will still have disagreements from time to time about the children and I commit to take respectful time-outs and use all the skills that I have learned to control my anger and abuse so that I will be able to communicate respectfully with you no matter what is going on. I am now seeing our children expressing their anger in the same way that I did and I will do my very best to teach them a better way to handle their anger from this point on. I am going to be a better and more caring father for them and for me.

I can only wonder where we would be today if I had made better choices. I'm thankful for the time we had together, the births of our children, and all that we shared. I am truly sorry for all the things I have done to drive you away. You did not deserve any of them. They were my choices and they were my responsibility. I wish you happiness and all you desire.

[YOUR NAME]

