

# Apology Letter to Wife

Dear [WIFE NAME]:

I know that I'm not a very elegant writer so I will just start sharing with you what is in my heart. I'm sorry for all of my controlling and abusive behavior with you and for my strong sense of entitlement that I have assumed in our marriage. In the past, when I worked hard, I believed that the fruits of my labor were mine and mine alone. I pursued my goals and ambitions and you were willing to come alongside me to give me that support that I needed to have to achieve these goals. But, when it came time for me to support you in your dreams, I was self-centered and selfish and concerned only with myself.

I'm sorry [WIFE NAME]. I was a taker and a user, never reciprocating the support and encouragement you had given me. And when you had no more to give, I unleashed my rage, demanding more and more from you. That was not right. I'm sorry. I should have come alongside you to nurture your dreams and aspirations and attend to your needs. I'm sorry that I thought so much of myself and so little of you.

I look back and see the potential our relationship had and I wish I would have given it the attention and time it deserved. It could have flourished. I'm sorry for not truly investing in our marriage. Since you left, it has become very apparent to me how controlling and abusive I was. In the past, when you challenged my authority, I struck out at you verbally. I am really sorry for doing this to you. You did not deserve this kind of treatment from me or anyone else in your life.

I feel like such a hypocrite because, on our wedding day, I made a promise to love, honor, and cherish you in front of God and all our closest friends. I didn't do what I promised I would do. Instead, I embarrassed you in front of our friends and your co-workers when you had to lie about what you were experiencing with me. I controlled you. I emotionally put you down. I belittled and dismissed your ideas, your opinions, and your feelings. I am truly sorry for my behavior. You did not deserve this kind of treatment and this is no way to cherish, honor, or love someone. I realize now the mistakes I've made by my choosing to be abusive and controlling with you.

I'm now learning what it really means to be a strong man. It's not hiding behind the facade of the male ego and role. Because a facade doesn't give a structure any real strength. It's the beams and supports that make a structure strong. Those beams and supports, for me, are self-control, sensitivity, tenderness, sharing, patience, transparency, honesty, and a lack of rigid expectations about the way a partner and other things are supposed to be. My goal, through continuing counseling and other men's support groups, is to explore each of these areas and realize the potential I have to be the man I want to be. It has taken a lot of effort to change 29 years of patterned behavior and this work has just begun. By doing what I need to do from this point on, I commit to never being violent with you again. I will also continue learning about myself so that I can provide our child with a loving and non-abusive role model. I'm learning tools to handle my anger and stop my violence and abuse. I know that, by using my tools, I can provide the kind of healthy environment our child and the others around me deserve.

[WIFE NAME], I am truly sorry for the way I looked at and treated you in our relationship.  
Sincerely,

[YOUR NAME]

