



Mo	Tu	We	Th	Fr	Sa	Su
----	----	----	----	----	----	----

Memo No. _____

Date / /

I've been thinking a lot. I've been thinking about us, my actions, and the pain I've caused you. I don't expect forgiveness, but I owe the truth: I was wrong. Every single time, I was wrong and tried to get out of it by defending myself and blaming you for trying to communicate, out of ego and selfishness. I see it now. It's late but I see it.

I hurt you. Over and over. I made you feel small, disrespected, and unappreciated. I compared you to others, dismissed your feelings, and ignored your needs. I took your love for granted. I know it's not enough, but I'm so sorry, genuinely. You deserve the world and I couldn't give you the bare minimum.



Memo No. _____

Date / /

I can't undo what I've done. I can't make any excuse; I have none. Nothing could explain or justify the way I acted throughout the relationship. You always made me feel so loved, and I failed to reciprocate it.

I'll work to be better. I owe it to myself first. I can't love anyone well until I fix what's broken in me. I owe it to the people I care about, including you, to never repeat these mistakes. And if nothing else, I owe it to ~~the people I care about~~ the version of myself who forgot how to be kind, patient, and present.

If you ever give me another chance, I won't waste it. I'll listen, and love you the way you should've been loved all along.



Mo	Tu	We	Th	Fr	Sa	Su
----	----	----	----	----	----	----

Memo No. _____

Date / /

But if you don't, I'd understand. All I ask is that you know the regret is real. I never wanted to be the person who hurt you. And I'll spend every day making sure I never am again.

I'm sorry. For everything.