

Hi [Partner's Name],

I want to talk to you about something that's been weighing on my mind. I've realized that I've made some mistakes, and I want to take responsibility for them. I know that I have been [describe behavior or action], and I recognize how this has hurt you and affected our relationship.

I'm genuinely sorry for not understanding or addressing this sooner. I've been reflecting on my actions and how they have impacted us. I am committed to making changes and working on [specific changes or improvements].

I care about you and our relationship, and I hope we can work through this together. I'm here to listen to your feelings and thoughts on this, and I want to support us moving forward in a healthier way.

Thank you for giving me the chance to express this.