

Amends After Divorce to Betrayal Husband

It has taken me a long time and numerous drafts to get to where I feel ready to make a formal amends to you.

Over the past couple of years, I have done a lot of learning and soul searching, on my own as well as in therapy and through my own 12-step work. All of this has helped me become aware of many things I couldn't see before, including ways I believe I acted hurtfully and unlovingly towards you during our years together. I now want to acknowledge my unhealthy behaviors towards you and take accountability for them. Thank you for listening.

In general, I apologize for falling short in my attempt to live out my vows to you. Throughout our marriage, I tried to get you to change. At times, I was self-righteous, at others overly dependent on you. I wanted and thought I needed you to be my ideal fantasy partner. I berated and shamed you when you failed to live up to my expectations or fulfill my desires, rather than share my thoughts and feelings with you honestly and ask for what I wanted of you. I did not accept you as you were, or the fact that we might have had different ideals for our marriage.

I am sorry for treating you in ways that were disrespectful and unkind.

More specifically, I apologize for:

- Repeatedly asking you to do things for me that I was afraid to do myself, then finding fault with how you did them.
- Failing to engage when you told me something vulnerable about yourself despite my frequent demand that you share yourself with me.
- Demanding, rather than requesting, that you give me more of your time and attention.
- Seeking to control you rather than focus on myself, develop healthy boundaries, and share my feelings honestly.

- Acting like I knew better than you did about your capabilities. For example, you told me many times that you really couldn't master certain tasks, but I wouldn't believe you and I nagged, berated, and shamed you for not doing more or performing those tasks up to my standards.
- Interrupting you frequently during conversations, despite knowing that that behavior was upsetting to you.
- Refusing to listen without changing the subject when you told me about your accomplishments and withholding praise, without an explanation, when you asked me for it.
- Expecting you to heal my childhood wounds while simultaneously failing to appreciate the seriousness of your childhood trauma.
- Failing to make allowances for your mental illness and acknowledge that, at times, you were doing your best to deal with difficult symptoms.

I have compassion for you and for your struggles, and I have love for you as the father of my children and the person with whom I spent many years of my life. I wish you well. I appreciate that you've said you wish the same for me.

Going forward, I commit to treating you with courtesy, respect, and kindness in all of our dealings, knowing that I didn't always do that in the past.