



Restitution Letter Template

Dear [Partner's Name],

1. Opening Acknowledgment

Begin with gratitude and acknowledgment of your partner's courage.

- *Thank you for your honesty and vulnerability in sharing your Impact Letter with me. I know it wasn't easy to write, and I don't take it lightly. Your words gave me a deeper understanding of how profoundly I have hurt you.*
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2. Reflection of the Harm Caused

Reflect back specific pain they described (physical, emotional, cognitive, sexual, relational).

- *You told me that you've struggled with [e.g., feeling unsafe, abandoned, ashamed, anxious, disconnected].*
 - *I now understand that my actions—[describe actions: lying, hiding, acting out sexually, emotional withdrawal, etc.]—caused you to feel [insert feelings: betrayed, unloved, worthless, angry, etc.].*
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3. Take Full Responsibility

Own the behaviors with no excuses or justifications.

- *There is no excuse for my behavior. I take full responsibility for the choices I made.*
 - *I now see that I betrayed your trust, your love, and your sense of safety in our relationship.*
 - *Even if I didn't fully understand the impact at the time, I do now—and I regret the harm I've caused.*
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4. Express Sincere Remorse

Share your regret in a heartfelt, humble way.

- *I am deeply sorry for all the ways I've hurt you. Your pain is real and valid. You didn't deserve this.*
 - *I grieve the damage I've done to your heart, your mind, and your sense of self-worth.*
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5. Outline Your Commitments

Describe what you're doing to change and support their healing.

- *I am committed to my recovery and transparency. I am currently [in therapy, attending 12-step meetings, working with a sponsor, etc.].*
 - *I will continue to do this work not just for myself, but to rebuild safety and trust in our relationship.*
 - *I am open to any boundaries you need to feel secure and respected.*
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6. Offer Support Without Pressure

Allow space for their healing, without asking for forgiveness or resolution.

- *I know this process will take time, and I respect whatever pace you need to move at.*
 - *You owe me nothing—not your trust, not your forgiveness. My goal is not to earn those things, but to become someone worthy of them, whether or not they come.*
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7. Closing with Empathy and Gratitude

End with care and acknowledgment of their strength.

- *Thank you again for giving me the opportunity to hear your truth. I admire your strength and your honesty.*