

Dear(est) [name] (can use a pet name here if you think it will be helpful),

1. Establish Intention

Remember, your intent in writing this letter is **not** to change your wife or have her change her mind right now. Go ahead and say that here.

Example: I'm writing this not to try to change your mind or make you stay. I simply want to say I'm sorry for the things I did that drove you away.

I would ask that you read the whole letter please.

2. Talk about how you were seeing and treating her as an object to serve you instead of a person to serve and love. Use specific examples.

For each example, make sure that you really try to get into her shoes. Explain how you think your actions probably made her feel. When she reads this, you want her to say "that's exactly how I felt when you did that."

This could easily go on for several pages.

Questions to consider?

- When did I show she couldn't count on me?
- When did I fail to respond?
- When did I show her she didn't matter?
- When did I show I didn't value or accept her?
- When did I fail to share important parts of myself with her, my hopes, dreams, fears, desires?
- When did I fail to learn the most important parts of her, her hopes, dreams, fears, desires?
- When did I fail to learn and help her reach her dreams?
- When did I fail to show understanding? Or that I didn't even care to understand?
- How did I see her as an object to serve me instead of a person to serve?

Example:

Sarah, there are so many times when I was not the partner at home that you deserve.

I basically thought that it was your responsibility to clean every dish, make every meal, and change every diaper.

I remember one specific time when I had come home late from work. The kids were sick and the house was a mess. No dinner was made. You looked tired and like you needed help.

But, instead of helping you, I just walked upstairs and shut the door.

I'm sure this made you very mad. But, more than that, I know that I hurt you deeply. In that moment I was telling you "you're not important. I won't help you when you need it. What I do is more important than what you do."

I'm so sorry that I did that to you. You deserve a better man than that. And I want to be that better man.

3. Apologize

- Apologize deeply for these things. You should be crying or close to it by now.
- **If you're not feeling it, she's not feeling it**
- Let her know that you love her, choose her, and want to be with her
- You understand if she doesn't want to choose you, but you hope she will
- Thank her for the wake up call
- Tell her you want to become a strong and loving man and are going to be working very hard on that not just for her, but for yourself and for God.
- Hopefully you will get to become that as her husband, but if not, at least you will be more of a strong and loving man at the end

Example:

Sarah, as I write this, I can't believe how much I hurt you. I'm amazed that you put up with this as long as you did.

I was nowhere near the man that you deserved and I am so, so, sorry.

I understand if you don't want to be with me after all I've done to you.

I'm grateful that you decided to move out. It was the wake up call that I needed to become the type of man that you deserve, and more importantly, the type of man I want to be for myself and for God.

I hope I get the chance to continue to grow into that man as your husband. But if not, I do understand and I will continue to develop myself as a man either way.

4. Request

- Ask for 8 weeks to delay final action (leaving, finalizing divorce)

- Tell her you understand you have to show her you have changed
- You behaved your way into this problem and lost her trust
- Now you want the chance to behave your way out of it
- Willing to show her for as long as it takes
- Just asking the 8 weeks. Please respond via text, call, email

Example:

Sarah, I know I don't really deserve this, but I am going to ask you for something.

I would ask you to wait 8 weeks before filing for divorce.

I know that you need much more than just this letter to make you think I've changed into the type of man you deserve, and the type of man that I want to be for myself and for God.

I behaved my way into this separation, and I need to behave my way out of it.

I am willing to show you for as long as it takes, and hopefully for the rest of my life.

But for now, are you willing to postpone final action for the next 8 weeks, and let me show you the type of man that I can be and want to be?

Please let me know by any means you would like. Text, email, phone, carrier pigeon.

I await your response.

Love,

John