Dear Ifra Gull,

I could not gather enough courage to say sorry, therefore, I decided to write you this letter. Please consider this letter as a formal apology from my side because I came drunk at home last night. Yesterday, my friends insisted on me, and I drank a lot. I became out of my senses thereafter. Later, our children told me that my behavior was inappropriate as I entered the home.

Honey, I totally forgot the promise which I had made to you after I drank for the first time in my life. I am sorry for not keeping my word and meeting your expectations. After this shameful event, I cannot express my regret in words.

My dear, I can also imagine the extent of trouble and inconvenience faced by you and our children. It all happened due to my act, and I am very much embarrassed after the occurrence of this shameful incident.

I want to let you know that I have been pushed into a state of deep stress and I am feeling ashamed of my act. I am not feeling well in myself. Being a father and a husband, I must have taken great care of my actions, but it is a very sad reality that I have created a bad image of myself due to my own mistake. Now it has become hard for me to face children at home.

This is my request to accept my deepest apology. We have been together for the last seven years and such kind of incident never happened before. Rest assured; this will not happen in the future.

I own what I did, and I take full responsibility for it. I can do anything to regain my trust and rectify my mistake. I am very much ashamed of my actions, and I request you help me get out of the state of embarrassment.

Please call me and let me know whether you have forgiven me after reading my letter. Only then I will be able to come home comfortably. Otherwise, it will be hard for me to confront you all at home. I hope you will understand my situation after reading this letter.

Only Yours.

[XYZ]