[Mention the name of the sender]

[Mention the address of the sender]

[Mention the contact details]

[Mention the email address]

[Mention the date]

[Mention the name of the recipient]

[Mention the address of the recipient]

[Mention the contact information]

Dear [Mention the name of the recipient]

I'll do my best to stick to accounting for myself and take responsibility for my part in this. I admit that I was drawn to you right away. I'm the one that chased you. I admit that when you said, I'm never going to leave my wife; I disregarded what you were saying. Even though you stated it was over, I admit that I persisted. I admit that if I could design the ideal mate, you would be it.

Now I have to accept that even though this is extremely difficult, I am the one who has to put an end to this. I believed I could manage this.

[Mention the number] adults who are in consent are having a wonderfully sensuous and sexual relationship. I was mistaken.

Not only was I incorrect, but I also transgressed the golden rule by having true, intense feelings.

I get jittery when I think of seeing you.

I find it sad when you go.

Every day, I want more and more of you.

Whenever you are at work, I am concerned for you.

I want to tell you about my experiences because I am continuously thinking about you.

I want to sprint over to you.

I often think about you.

There won’t be any vacations, holding hands on the beach, making new friends, going to the movies, dressing up for dinner, celebrating birthdays or holidays, taking walks in the park, or dozing off and waking up in your arms.

Always with Love

Thanks for your time.

[Mention the name]

[Mention the profession]

[Mention the contact details].