



Dear _____,

I'm sorry for my recent behavior. I've been made to understand that it was _____ to _____, by _____, _____, & _____. Prior to that, I understood that _____ and I had some conflicts in our relationship, but as far as I knew they were addressed & resolved between us. Now I understand that _____ has made it known to you and potentially others that I have been _____ to them. I understand also that that they have taken steps to label me as a/an _____ within our community of friends.

I would like to say that in private, _____ has made me feel that our conflicts are resolved and that they would like to continue to have a relationship with me. However, separately from this _____, _____, & _____ have indicated to me that they have information things are not OK between us, although they will not reveal to me specifically what this information is, it seems to be about me being _____ & _____ in my relationships.

I don't want to continue this way. I have told _____ that I no longer want contact with them. Now I am telling you that I don't want contact anymore. I assume all the problems in your friend group will disappear now, as I, the _____, am gone. Although I think I can also safely assume that cutting off contact will also be framed as a form of _____ on my part. I apologize in advance for this as well. Best of luck in your future _____.

Sincerely,

_____.

