

No Contact Letter Examples

You don't have to follow these examples to the letter, but you certainly can. Either way, they should give you a good idea of what the No Contact Letter should say. Also note that these are not long letters, nor are they emotional. They should be from the perspective of your wife, not from you, because he won't care about you.

Example #1.

Dear Other Man,

The relationship I had with you was thoughtless and cruel. It hurt many people, particularly my spouse, who did not deserve to be treated that way. I am committed to my marriage and determined to make up for all the hurt I've caused my family. I am going to work hard to be the best husband/wife that he/she deserves.

Because of the terrible offense to my spouse and the damage I have done to our marriage, I am permanently ending all contact with you. Please respect my wish to regain my integrity, and to heal my family. Please also respect my wish that you not attempt to contact me in any way at any time.

My spouse has all the details of our relationship and he/she will also be told of any attempts at contact.

Sincerely,

Your Wife

Example #2.

Dear Other Man,

I am writing to you today to let you know that I will no longer have any contact with you. Our relationship was a mistake from the beginning and should never have happened.

As of today I have made the decision to choose my husband and my marriage.

From now on, I will not contact you for any reason, nor will I accept any phone calls, emails, nor written letters from you. What happens to me and my marriage is no longer any of your concern.

I appreciate your cooperation.

Sincerely,

Your Wife

Example #3.

Dear Other Man,

I want you to know that out of respect and love for my husband and children, I have come to realize that I must never see or talk with you again. My relationship with you was a cruel indulgence that my husband did not deserve. While I cannot completely repay him for the pain I have caused, I will do my best to become the wife he's been missing.

I care a great deal for my family and I would not want to do anything to risk their happiness. I will not make any further contact with you and I do not want you to make any contact with me. Please respect my desire to end our relationship.

Sincerely,
Your Wife

