

I have looked at our 18 years mainly as happy years and had hoped to spend old age together. Surely my exaggerated attitude towards work has brought you sorrow and loneliness. I wanted the best for all of you and looking back I too made some sacrifices. That the children suffered from this I can now see. I hope you can forgive me, I just can't carry on, the despair is too great.  
With love  
Your [Name]