

YOU MAY NEVER GET THE APOLOGY.
BUT YOU CAN STILL FIND PEACE.

The Apology You Never Received

FINDING PEACE
WITHOUT CLOSURE

“
...AND PUT YOUR
TRUST IN ALLAH.
AND ENOUGH IS
ALLAH AS DISPOSER
OF AFFAIRS.”

— QUR'AN 33:3



HE HEALS
WHAT PEOPLE
NEVER TOOK
RESPONSIBILITY
FOR.



HEAL THE
PAST



RELEASE
THE HURT



FIND PEACE
WITH ALLAH



FORGIVE
YOURSELF



MOVE FORWARD
WITH HOPE

TAHOOR PUBLISHERS

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Finding Peace Without Closure

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Qur'anic meanings and hadith translations are the author's renderings, presented for reflection. Readers are encouraged to return to the original sources and qualified scholars for precise wording and rulings.

This book offers compassionate, faith-based reflection on emotional healing. It is not a substitute for professional mental-health care, therapy, or medical advice. If you are struggling with the effects of trauma, abuse, betrayal, neglect, or ongoing emotional pain, please reach out to a qualified mental-health professional and to people you trust. Where a relationship involves abuse or danger, your safety comes first, and seeking help and protection is both your right and an act of strength. Forgiveness, as described in these pages, never requires remaining in harm's way.

First edition.

*For everyone still waiting for the words —
you can be free without them.*

وتوكل على الله وكفى بالله كيلا

*“And put your trust in Allah. And sufficient is Allah as Disposer of
affairs.”*

Sūrah al-Aḥzāb 33:3

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INTRODUCTION

The Words You Waited to Hear

There are words you have been waiting to hear, perhaps for years. *I'm sorry. I was wrong. I see now what I did to you. It wasn't your fault.* You have imagined them a thousand times — how it would feel to finally have the person who hurt you look you in the eye and acknowledge the damage they caused. You have rehearsed the conversation in your mind, played out the moment of repair, waited for the day they would finally understand and make it right. And the words never came. Maybe they never will. The person moved on, or denied it ever happened, or died still believing they did nothing wrong, or simply does not care enough to look back. And you have been left holding a wound that no one will help you close, waiting at a door that may never open.

If this is you — if you are carrying pain that someone else caused and never owned, waiting for an apology that has not come and perhaps never will — then this book was written for you. And I want to begin by telling you the truth that most people in your situation are



never told: your healing does not depend on their apology. It feels like it does. It feels as though you cannot possibly move on, cannot be whole, cannot put this down, until they acknowledge what they did. That feeling is understandable, and the longing behind it is legitimate. But it is also a trap — because it hands the key to your peace to the very person who hurt you, and leaves your freedom hostage to their willingness to do something they may never do.

This is the cruel arithmetic of waiting for an apology that does not come: the person wronged you once, and then, by holding your own healing hostage to their acknowledgement, you allow them to keep wronging you every day that you wait. They hurt you in the past; the waiting lets them hurt you in the present, too. The wound becomes a life sentence, not because of what they did, but because of the closure you are demanding from someone unable or unwilling to give it. And the most painful part is that you may wait forever. Some people will never apologise — not because your pain is not real, but because of who they are, what they cannot face, or the simple fact that they are gone. To tie your peace to their repentance is to risk never finding peace at all.

But there is another way, and it is the path this book will walk with you. It is the path of finding closure without closure — of healing a wound that the other person refuses to help close, of releasing pain that was never acknowledged, of finding peace that does not require anyone's permission or participation. This is not about pretending you were not hurt, or excusing what was done, or forcing a forgiveness you do not feel. It is about reclaiming your healing from the hands of the person who hurt you and placing it where it actually belongs: in your own heart, and in your relationship with Allah. You do not need their apology to heal. You never did. And discovering that is the

beginning of your freedom.

And here is the source of that freedom, the truth that changes everything for the believer carrying an unacknowledged wound. There is One who saw everything. Every hurt that was minimised, every wrong that was denied, every injustice that no one else witnessed or believed — Allah saw it all, recorded it all, and will set it all right. You are not dependent on the wrongdoer's acknowledgement to be vindicated, because the One whose acknowledgement truly matters has already given it. He knows exactly what happened to you, exactly who was responsible, and exactly what you have carried. And He invites you to hand it all to Him:

وتوكل على الله وكفى بالله وكيلًا

“And put your trust in Allah. And sufficient is Allah as Disposer of affairs.”

Sūrah al-Aḥzāb 33:3

This is the verse on the cover of this book, and it holds the whole secret of healing without closure. *Wakīl* — the One who handles affairs, takes charge of matters, manages what is entrusted to Him. When you make Allah your *wakīl* in this wound, you hand Him the case you could never close yourself — the injustice that was never addressed, the apology that never came, the account that was never settled. You stop being the one who must somehow extract acknowledgement, secure justice, and force resolution from a person who will not give it. You entrust the whole matter to the One who is sufficient, who sees what you cannot make anyone admit, and who



will deal with it more perfectly than any human apology ever could. And in that entrusting, you are finally free to heal.

Over the chapters ahead, we will walk this path together, gently and honestly. We will understand why apologies matter and why some people will never give them. We will name the prison of waiting and the cost of unresolved hurt. We will look at family wounds, at the child still waiting inside us, at the weight of resentment we carry. We will explore what Islam teaches about justice and forgiveness — and, just as importantly, what forgiveness is *not*. And then we will turn toward freedom: finding closure without closure, giving ourselves permission to heal, trusting Allah with what happened, and building a life beyond the wound. You have waited long enough for words that may never come. It is time to stop waiting, and to start healing. Let us begin.

REFLECTION QUESTIONS

1. Whose apology have you been waiting for? What are the specific words you have longed to hear?
2. In what ways has waiting for that apology kept the wound open and handed your peace to the one who hurt you?
3. What would it mean to believe that your healing does not depend on their acknowledgement — that Allah has already seen it all?



ACTION STEPS

- ◆ Begin a private healing journal for this book. On the first page, name the wound and the apology you have been waiting for.
- ◆ Make one sincere intention before Allah: *O Allah, I want to heal, even without their apology. Be my Wakīl in this.*
- ◆ Notice this week how often your peace depends on something the other person might do, and begin to reclaim it.

HEALING REFLECTION

Your healing does not depend on their apology — it never did. Waiting for words that may never come hands the key to your peace to the one who hurt you, letting them wound you in the present as well as the past. But there is One who saw everything and will set it right. When you make Allah your Wakīl, you hand Him the case you could never close yourself — and in that entrusting, you are finally free to heal.



CHAPTER ONE

Why We Need Apologies

The legitimate longing behind the wait

“Allah does not wrong people at all, but people wrong themselves.”

— Sūrah Yūnus 10:44

Before we talk about healing without an apology, we must first honour why you wanted one so badly in the first place. Because the longing for an apology is not weakness, and it is not pettiness, and it is not a failure to be 'over it.' It is a deeply human need, rooted in something real and important. When someone wrongs us and then acknowledges it — when they say *I was wrong, I hurt you, I'm sorry* — something profound happens. The wrong is named. The reality of our pain is confirmed. The moral order, which their action disturbed, is restored. An apology is not just words; it is the repair of something that was broken, the acknowledgement that we were treated unjustly and that our suffering was real. To long for that is not a flaw. It is the natural response of a soul that knows it was wronged.



Understanding this matters, because people who are waiting for apologies are so often told, in effect, that they should not need one — that they should just move on, let it go, stop dwelling. And this advice, however well-meant, adds a second injury to the first: now, on top of being wronged, you are made to feel that there is something wrong with *you* for being hurt by it. So let us be clear from the start: your need for acknowledgement was valid. The desire to have your pain seen and your wrong named is not immaturity; it is a sign that you have a functioning moral compass, that you know injustice when it happens to you, that you understand, rightly, that what was done to you mattered.

An apology serves several real purposes. It validates that the harm was real — that you did not imagine it or exaggerate it. It restores a sense of justice, balancing what was tilted. It signals that the relationship can perhaps be repaired, that you are valued enough to be worth the wrongdoer's humility. And it relieves you of a particular burden: the exhausting, lonely work of carrying a hurt that no one else will even acknowledge happened. When all of this is denied — when the apology never comes — you are left not only with the original wound but with the ongoing ache of having that wound treated as if it does not exist. This is why the absence of an apology can hurt almost as much as the original act.

Islam takes the reality of being wronged with absolute seriousness. Our faith does not minimise injustice or tell the oppressed that their pain is imaginary. Allah declares clearly where the fault lies when wrong is done: