

Hey [Friend's Name],

I've been thinking a lot about what happened, and I want to sincerely apologize for my actions. I realize I hurt you, and that's the last thing I ever wanted to do.

You've always been there for me, and it pains me to think I let you down.

Please know that it wasn't my intention. I value our friendship deeply, and I am committed to making things right.

I hope you can forgive me, and we can move past this. I'm here to talk whenever you're ready. Thank you for being such an important part of my life.

With all my heart,

[Your Name]