

Hey [Friend's Name],

I hope you're doing well. I've been thinking a lot about what happened between us, and I really want to reach out and apologize. I'm truly sorry for [specific action]. I realize now how it affected you, and it was never my intention to hurt you.

I value our friendship a lot, and it means the world to me. I understand if you need some time, but I want you to know that I'm here and willing to make things right. Please let me know how I can help rebuild the trust between us.

Thank you for listening. I miss our good times together and hope we can move past this.

Take care,

[Your Name]