

Hey [Friend's Name],

I just wanted to talk about what happened the other day. I've been thinking about it a lot, and I feel really terrible for how I acted. I didn't mean to upset you, and I realize now that I could have handled things so much better.

You're really important to me, and I hate that I hurt you. I want to make things right and learn from this mistake. Please let me know how you feel and if there's anything I can do to fix things between us.

Thanks for listening, and I'm really sorry again.

Take care,

[Your Name]