Hey [Friend's Name],
I just wanted to reach out and say I'm really sorry for what happened. I know I upset you, and that's the last thing I want to do. I really value our friendship, and it hurts to know I caused you any discomfort or pain. I've been thinking about it a lot, and I totally understand why you felt the way you did. It wasn't fair to you, and I should have been more considerate. I'm committed to making sure it doesn't happen again. Please let me know if there's anything I can do to make this right. Your friendship means a lot to me, and I hope we can move past this together. Take care,
[Your Name]