

Hey [Friend's Name],

I just wanted to take a moment to reach out and say I'm really sorry for the way things went down between us. I've been thinking a lot about what happened, and I realize I messed up. I didn't mean to hurt you, but I see now how my actions did.

Your friendship means a lot to me, and I miss having you around. I just want you to know that I'm here whenever you're ready to talk, and I truly hope we can make things right. Thanks for listening.