

Hey [Friend's Name],  
I've been thinking a lot about what happened, and I really want to say I'm sorry. I realize my actions hurt you, and that's the last thing I ever wanted to do. You've been such an important part of my life, and I regret causing you any pain.  
I understand if you're upset, and I'm here to listen if you want to talk about it. Please let me know how I can make things right. I truly value our friendship and hope we can move past this.  
Thanks for hearing me out.  
[Your Name]