

Dear [Name],

I hope this message finds you well. I wanted to take a moment to sincerely apologize for my actions and any hurt they may have caused you. It was never my intention to upset you, and I deeply regret any pain I may have caused.

I value our relationship immensely and am truly sorry for any misunderstanding or discomfort. Please know that I am committed to making amends and ensuring that this does not happen again.

I hope you can find it in your heart to forgive me. I am more than willing to talk this through whenever you feel ready.

Thank you for your understanding and patience.

Warm regards,

[Your Name]