Dear Mom,

I hope this message finds you well. I am writing to sincerely apologize for the harsh comment I made during our conversation the other day. I realize now that my words were hurtful and disrespectful, and that was never my intention.

You mean the world to me, and it pains me to think that I caused you any distress. I want you to know how much I appreciate you and all that you do for our family. Please forgive me for my insensitivity.

I am committed to being more mindful of my words in the future. Thank you for your understanding and love.

With all my love,

[Your Name]