Dear Mom,

I hope this letter finds you well. I have been thinking a lot about our recent interactions, and I feel the need to express what's been on my mind.

I want to sincerely apologize for not being attentive to your feelings lately. I realize that I may have taken your kindness and support for granted, and for that, I am truly sorry. You have always been there for me, offering love and guidance, and I regret not reciprocating that in the way you deserve.

It pains me to think that my actions may have hurt you, even if unintentionally. I value our relationship immensely, and I promise to be more mindful of your feelings going forward. Your happiness means the world to me.

Thank you for your understanding and for being such a wonderful mom. I love you dearly and look forward to making things right.

With all my love,

[Your Name]