Dear [Name],

I've been reflecting on our recent argument, and I want to sincerely apologize for my words and actions. I realize now how they affected you, and it's important for me to express how truly sorry I am.

I value our relationship and the bond we share. I should have approached the situation differently, and I regret any pain I caused you. It's something I am committed to working on.

I hope we can talk this over and find a way to move forward together. Please let me know when you feel ready to have that conversation.

Thank you for considering my apology. I care about you and our relationship deeply.

Warm regards,

[Your Name]