

Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my heartfelt regret for my recent actions that I now recognize were inconsiderate and thoughtless.

Upon reflection, I realize that my behavior may have caused you discomfort and disappointment, and for that, I am truly sorry. It was never my intention to hurt you, and I deeply regret any pain I may have caused.

I value our relationship greatly and am committed to making amends. Please know that I am taking steps to ensure that this does not happen again in the future. Your feelings are important to me, and I want to restore the trust we share.

Thank you for your understanding and patience. I would love the opportunity to talk whenever you feel ready.

Sincerely,

[Your Name]