

Dear [Recipient's Name],

I hope this letter finds you in good spirits. I am writing to express my sincerest apologies for the emotional clash we experienced on [date of the incident]. I deeply regret the words that were exchanged and the hurt that I caused you.

Reflecting on our conversation, I realize how my actions may have hurt you, and it was never my intention to cause pain. You mean a lot to me, and I value the relationship we have built over time. I understand that I need to take responsibility for my actions.

Please know that I am committed to making amends and ensuring that our relationship grows stronger moving forward. I am here to listen and to understand your feelings, and I hope we can talk about this when you're ready.

Once again, I am truly sorry for the distress my words caused you. Thank you for your understanding, and I hope to hear from you soon.

With heartfelt regret,

[Your Name]