

Dear [Recipient's Name],

I hope this message finds you well. I've been reflecting on our recent conversation, and I want to express my sincere apologies for the tension that arose between us. It was never my intention to upset you, and I regret any hurt my words may have caused.

Understanding your perspective is important to me, and I truly value our relationship. I believe in open and honest communication, and I would appreciate the opportunity to discuss this further, should you feel comfortable.

Thank you for your patience and understanding. I look forward to hearing from you.

Sincerely,  
[Your Name]