

**Dear [Recipient's Name],**

I hope this message finds you well. I am writing to sincerely apologize for our recent exchange. I regret the heated words exchanged and the hurt they may have caused you.

It was never my intention to upset you, and I truly value our relationship. Reflecting on our conversation, I realize that I could have handled the situation with more patience and understanding.

Please know that I am committed to making amends and learning from this experience. I appreciate your feelings and would like to talk when you feel ready.

Thank you for considering my apology. I look forward to the possibility of reconciling and moving forward together.

Warm regards,

[Your Name]