

Dear [Recipient's Name],

I hope this message finds you well. I am writing to sincerely apologize for losing my temper during our recent discussion. It was unprofessional and disrespectful, and I regret allowing my emotions to take over.

Our conversation meant a lot to me, and I truly appreciate your perspective. I recognize that my reaction may have overshadowed the important points we were trying to discuss.

Please know that I am committed to improving my communication and will strive to handle similar situations with more composure in the future.

Thank you for your understanding, and I hope we can move forward positively.

Sincerely,
[Your Name]