

Dear [Recipient's Name],

I hope this message finds you well. I wanted to take a moment to express my sincerest apologies for cutting you off during our recent conversation. It was not my intention to dismiss your thoughts or feelings, and I truly regret interrupting you.

Your insights are valuable to me, and I appreciate the time you took to share them. I understand how frustrating it can be to feel unheard, and I assure you that I will make a conscious effort to listen more attentively in the future.

Thank you for your understanding, and I hope we can continue our discussion soon. Please feel free to share any thoughts you might have on this.

Warm regards,  
[Your Name]