

Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my sincerest apologies for my actions that may have unintentionally hurt your feelings. It was never my intention to cause you pain or discomfort, and for that, I am truly sorry.

Upon reflecting on our recent interaction, I realize that my words/actions were thoughtless, and I can imagine how they may have affected you. Please know that I value our relationship and deeply regret any distress I may have caused.

Moving forward, I am committed to being more mindful and considerate in our conversations. Your feelings matter to me, and I hope to rebuild any trust that may have been shaken.

Thank you for your understanding and patience as I navigate this situation. I appreciate you and hope we can talk more about this when you're ready.

Sincerely,

[Your Name]