

Dear [Recipient's Name],

I hope this message finds you well. I am writing to you today with a heavy heart, as I want to sincerely apologize for the pain I have caused you.

Reflecting on my actions, I realize that my words and behavior were thoughtless and insensitive. I never intended to hurt you, but I understand that my actions have led to emotional distress.

Your feelings are important to me, and it pains me to think that I played a part in your suffering. I deeply regret the impact my actions had on our relationship, and for that, I am truly sorry.

Please know that I am committed to making amends and ensuring that this does not happen again. I value our relationship and hope to rebuild the trust that has been damaged.

Thank you for your understanding and patience. I hope we can talk this over and work towards healing.

Sincerely,
[Your Name]