Dear [Name],

I hope this letter finds you well. I've taken some time to reflect on our recent disagreement, and I want to express how truly sorry I am for the way things unfolded.

Looking back, I realize that my words may have hurt you, and that was never my intention. I value our relationship deeply, and it pains me to think that I caused you any distress.

I understand that we have different perspectives, and I want to take the time to listen to your feelings and thoughts. Our love means the world to me, and I am committed to working through our differences together.

Please accept my heartfelt apologies. I'm hopeful that we can find a way to heal and grow from this experience.

Looking forward to hearing from you.

With love,

[Your Name]