Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my sincere remorse for our recent disagreement. I regret that our conversation became heated, and I recognize that my words may have hurt you.

It was never my intention to upset you, and I truly value our relationship. I appreciate the perspectives we both bring to the table, and I want to assure you that I am committed to finding common ground and addressing any misunderstandings.

Please accept my heartfelt apology. I would love the opportunity to discuss this matter further and work towards mending our bond.

Thank you for your understanding.

Sincerely, [Your Name]