

Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my heartfelt apologies for my infrequent communication over the past [duration]. I realize that my lack of contact may have caused worry or may have made you feel unimportant, and for that, I am truly sorry.

Life has been quite hectic lately, and I regret that I allowed it to interfere with our relationship. You mean a lot to me, and I value the connection we share. It was never my intention to make you feel neglected.

Moving forward, I am committed to improving our communication. I genuinely want to hear about your life and share more of mine as well. Please let me know a good time for us to catch up; I would love to reconnect.

Again, I apologize for my absence, and I appreciate your understanding. Thank you for your patience, and I look forward to hearing from you soon.

Sincerely,
[Your Name]