Dear [Recipient's Name],

I hope this message finds you well. I am writing to sincerely apologize for the inappropriate joke I made during [specific occasion or context].

Upon reflecting on my words, I realize that my attempt at humor was not only ill-timed but also disrespectful. I genuinely regret any discomfort or offense I may have caused you.

It was never my intention to hurt you or make light of a serious situation. I value our relationship and understand that such comments can undermine the respect we have for each other.

Please know that I am taking this matter seriously and am committed to being more mindful of my words in the future. I appreciate your understanding and patience as I learn from this experience.

Thank you for considering my apology. I hope we can move forward from this incident.

Sincerely,
[Your Name]