Subject: Apology for Temporary Suspension

Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my sincere apologies regarding my recent actions that have led to my temporary suspension from [Organization/Institution Name].

I fully understand the gravity of my actions and the impact they have had on [the team/my colleagues/the organization]. I take full responsibility for my behavior and am truly sorry for any inconvenience caused.

Please know that I am committed to reflecting on this experience and learning from it. I assure you that I will make every effort to rectify my mistakes and regain your trust.

Thank you for your understanding, and I look forward to rejoining the team and contributing positively upon my return.

Sincerely,

[Your Name]
[Your Position/Title]
[Your Contact Information]