Dear [Recipient's Name],

I hope this message finds you well. I am writing to sincerely apologize for my inappropriate behavior on [specific date or occasion]. Reflecting on my actions, I realize they were not only uncalled for but also hurtful to you.

I genuinely regret any pain or discomfort I caused, and it was never my intention to make you feel that way. I take full responsibility for my actions, and I am committed to learning from this experience.

Moving forward, I will ensure to be more mindful and considerate in my interactions to prevent any recurrence of such behavior. Your friendship means a lot to me, and I hope to have the opportunity to mend our relationship.

Thank you for considering my apology. I am hoping for your understanding and forgiveness.

Sincerely, [Your Name]