

Dear [Friend's Name],

I hope this message finds you well. I have been thinking a lot about our friendship and the events that led to our falling out. I want to take this opportunity to express my sincere apologies for my actions that hurt you.

Looking back, I realize how my words and behavior affected you, and I deeply regret any pain I caused. You have always been such an important part of my life, and losing our connection has been incredibly difficult for me.

I would love the chance to talk things over and work toward rebuilding our friendship, if you're open to it. I value you and the memories we've shared, and I am committed to making things right.

Thank you for considering my apology. I truly hope we can move forward together.

Warm regards,
[Your Name]