

Dear [Friend's Name],

I hope this message finds you well. I've been thinking a lot about our recent disagreement and how my actions may have affected you. It truly hurts me to know that I caused you pain.

I want to sincerely apologize for [specific action or behavior]. It was never my intention to hurt you, and I regret that my words or actions may have done so. Our friendship means a lot to me, and I value the bond we share.

I've taken some time to reflect on the situation and I understand how I could have handled things differently. Please know that I am committed to learning from this experience and ensuring it doesn't happen again in the future.

I truly miss our time together and the joy your friendship brings into my life. I hope we can move past this and restore our connection. I would love the opportunity to talk so I can express my remorse in person.

Thank you for considering my apology. I look forward to hearing from you soon.

Warm regards,
[Your Name]