

Dear [Coworker's Name],

I hope this message finds you well. I wanted to take a moment to address our recent disagreements during the [Project Name] project. I value our professional relationship and believe it is important to acknowledge the tension that arose.

Reflecting on our discussions, I realize that my approach may have contributed to the misunderstandings we encountered. I apologize if my comments came across as dismissive or unconsidered; that was not my intention.

I greatly respect your expertise and perspective, and I recognize the significance of collaboration in achieving our project's goals. Moving forward, I am committed to fostering a more open and constructive dialogue between us, ensuring that both our viewpoints are heard and valued.

Thank you for your understanding, and I look forward to working together more harmoniously on the remainder of the project.

Sincerely,

[Your Name]

[Your Job Title]

[Your Contact Information]