Dear [Partner's Name],

I hope this letter finds you well. I've taken some time to reflect on our recent disagreement, and I want to sincerely apologize for my words and actions.

It pains me to know that I hurt you, and that was never my intention. I deeply value our relationship and the love we share. I understand that my reaction was not appropriate, and I am truly sorry for the pain I caused.

We've always been able to talk things through, and I want to make sure I listen to your feelings and concerns. You mean the world to me, and I am committed to finding a way to move forward together.

Please know that I am here to talk whenever you're ready. I love you and am willing to do what it takes to mend our relationship.

With all my love,

[Your Name]