

Dear [Mentor's Name],

I hope this message finds you well. I am writing to express my heartfelt regret for [specific action or incident]. It has been weighing heavily on my mind, and I wanted to reach out to you personally.

Your guidance has been invaluable to me, and I truly appreciate all the time and effort you have invested in my growth. I realize that my actions may have fallen short of the respect and consideration you deserve, and for that, I am deeply sorry.

Moving forward, I am committed to learning from this experience and doing better. Thank you for your understanding and for being such a tremendous influence in my life.

Sincerely,

[Your Name]

[Your Contact Information]