Dear [Mentor's Name],

I hope this message finds you well. I am writing to you today because I feel it is important to express my sincerest apologies for my recent actions that may have disappointed you. Your guidance and support have meant a great deal to me, and I deeply regret any hurt I may have caused.

Reflecting on our time together, I understand that I have not upheld the values and principles you have instilled in me. I take full responsibility for my actions and the consequences that followed. It was never my intention to let you down or to undermine the trust you placed in me.

I have learned a valuable lesson from this experience and am committed to making amends. I would be grateful for the opportunity to talk with you and discuss how I can learn and grow from this situation. Your wisdom and insights have always been invaluable to me, and I would appreciate your guidance moving forward.

Thank you for considering my plea for forgiveness. I hope we can move past this and continue to build upon the strong foundation of mentorship and respect we have established.

Sincerely, [Your Name]