

[Your Name]

[Your Address]

[City, State, Zip Code]

[Email Address]

[Date]

[Mentor's Name]

[Mentor's Title/Position]

[Mentor's Address]

[City, State, Zip Code]

Dear [Mentor's Name],

I hope this message finds you well. I am writing to express my sincere apologies for my recent actions that may have disappointed you.

Reflecting on our last conversation, I realize that I did not fully appreciate the effort and guidance you have provided me over the years. I regret not following your advice, and I understand how my actions may have affected our relationship.

Please know that I hold your mentorship in the highest regard, and I am truly sorry for any distress my behavior may have caused. I am committed to learning from this experience and ensuring it does not happen again.

Thank you for your understanding and for the invaluable support you have always given me. I hope to regain your trust and continue learning from you in the future.

Sincerely,  
[Your Name]