Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my sincere apologies regarding the incident that occurred on [date/event]. I understand that my actions may have come across as disrespectful and I deeply regret any hurt my words or behavior may have caused you.

Please know that it was never my intention to make you feel uncomfortable or disrespected. Our relationship is important to me, and I value the connection we have.

I take full responsibility for my actions and am committed to ensuring it does not happen again. Moving forward, I would appreciate the opportunity to discuss this matter in person, so we can work towards rebuilding the trust and connection we once shared.

Thank you for your understanding and patience as we navigate this situation. I look forward to hearing from you soon.

Sincerely,
[Your Name]