

Dear [Recipient's Name],

I hope this message finds you well. I am writing to express my sincerest apologies for the thoughtless words I spoke during our last conversation. Upon reflection, I realize how my comments may have affected you, and I deeply regret any hurt they may have caused.

It was never my intention to offend or upset you, and I am truly sorry for my lack of sensitivity. I value our relationship greatly and wish to mend any rift my words may have created.

Please know that I am committed to being more mindful in the future and to learning from this experience. Thank you for your understanding and patience during this time.

I hope we can move past this together.

Sincerely,

[Your Name]