

# Dear [Recipient's Name],

I hope this message finds you well. I have been reflecting on our past interactions and the way I behaved, and I feel it's important to reach out and express my sincere apologies.

Looking back, I recognize that my actions/words may have been unsupportive and hurtful to you, and I deeply regret any pain I caused. It was never my intention to make you feel undervalued or unappreciated.

Understanding the impact of my behavior has been a crucial part of my personal growth, and I want you to know that I am committed to making amends. I truly value our relationship and hope to rebuild the trust we once had.

Thank you for considering my apology. I am open to discussing this further whenever you feel ready. Your feelings matter to me, and I want to ensure we can move forward positively.

Warm regards,  
[Your Name]