

Dear [Recipient's Name],

I hope this message finds you well. I want to take a moment to express my sincere apologies for the oversight regarding your feelings the other day. It was never my intention to cause you any hurt or discomfort.

Upon reflection, I realize that my actions may have come across as insensitive, and I deeply regret that this was the case. Your emotions and experiences are incredibly important to me, and I cherish the connection we share.

Please know that I am committed to being more mindful in the future and to ensuring that I am fully present in our conversations. I value our relationship and want to make sure it continues to be built on understanding and respect.

Thank you for your patience and for allowing me the opportunity to express my remorse. I would love to hear your thoughts and feelings when you are ready to share them.

Warm regards,

[Your Name]