

**Dear [Recipient's Name],**

I hope this message finds you well. I have been reflecting on our recent conversation, and I want to sincerely apologize for my insensitivity. It was never my intention to hurt you or dismiss your feelings.

Looking back, I realize that my words may have come across as thoughtless, and I deeply regret any pain I caused you. Your feelings are important, and I genuinely care about your well-being.

I understand that emotional sensitivity is crucial in our relationship, and I am committed to being more attentive and compassionate in the future. Please know that I value our relationship and want to ensure that you feel supported.

Thank you for your understanding, and I hope we can move forward positively. I am here to listen whenever you feel comfortable sharing your thoughts.

With sincere apologies,

[Your Name]