

# Dear [Recipient's Name],

I hope this message finds you well. I am writing to sincerely apologize for my recent comments/actions that I now understand were insensitive and hurtful.

It was never my intention to cause you pain, and I deeply regret that my words did not reflect the respect and care I have for you. I realize that what I said was inappropriate and could have affected you more than I imagined.

Please know that I am committed to learning from this experience and ensuring that it does not happen again. Your feelings are valid, and I value our relationship immensely.

Thank you for your understanding and patience as I work to make amends. I hope we can move past this and continue to build a stronger bond.

Sincerely,  
[Your Name]