

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

I hope this message finds you well. I am writing to address an incident that occurred on [date] where I lost my temper and raised my voice during our conversation.

Upon reflection, I realize that my emotional outburst was inappropriate and hurtful. I want to sincerely apologize for my actions and any distress they may have caused you.

Understanding my feelings has helped me recognize the impact of my behavior, and I am committed to managing my emotions better in the future. I value our relationship and appreciate your patience as I work on this personal growth.

Thank you for your understanding. I hope we can move past this and continue to support each other.

Sincerely,  
[Your Name]