

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

I hope this message finds you well. I am writing to express my heartfelt apologies for my recent emotional outburst. After reflecting on my behavior, I realize how my actions may have hurt you.

In the heat of the moment, I let my feelings get the best of me. I should have approached the situation with more composure and understanding. I regret the words I used and the impact they may have had on our relationship.

Please know that it was never my intention to cause you pain. I value our connection deeply, and I am committed to improving myself and handling my emotions better in the future.

Thank you for your understanding and patience. I hope we can move past this together and strengthen our bond.

Sincerely,  
[Your Name]