

Dear [Recipient's Name],

I hope this message finds you well. I am writing to sincerely apologize for my wandering thoughts during our recent call. I realize that it may have come across as if I was distracted or uninterested in our conversation, and that was never my intention.

Your insights and the topics we discussed are important to me, and I regret not being fully present. I value our relationship and the exchange of ideas we have, and I am truly sorry if I made you feel undervalued.

Thank you for your understanding and patience. I assure you that I will work on staying more focused in our future conversations. Looking forward to our next discussion.

Warm regards,
[Your Name]