Dear [Friend's Name],

I hope this message finds you well. I've been reflecting on our friendship and the recent distance between us. It pains me to think about the misunderstandings that have come between us.

I want you to know that our friendship means a lot to me, and I truly value the moments we've shared. I regret any hurt I may have caused you and am genuinely sorry for my part in our falling out.

Can we find a time to talk things over? I believe that with open hearts, we can mend what has been broken and rebuild the trust we once had.

Thank you for considering my message. I look forward to hearing from you soon.

Sincerely, [Your Name]