

Dear [Friend's Name],

I hope this message finds you well. I am writing to sincerely apologize for my sudden absence recently. I regret not being able to explain my situation sooner.

Life has thrown some unexpected challenges my way, and I have been overwhelmed. Please know that it was never my intention to distance myself from you.

I truly value our friendship and missed our time together. I hope to reconnect soon and catch up on everything. Thank you for your understanding.

Take care, and I look forward to hearing from you.

Warm regards,

[Your Name]