

Dear [Friend's Name],

I hope this message finds you well. I am writing to sincerely apologize for raising my voice and shouting at you recently. Upon reflection, I realize that my actions were completely uncalled for and hurtful, and I deeply regret treating you that way.

There is no excuse for my behavior, but I want to be honest and let you know that I have been under a lot of stress lately. Unfortunately, I let my emotions get the best of me and took out my frustration on you-a friend who means a great deal to me. I now see how unfair this was and how it could have made you feel upset or disrespected, which was never my intention.

Our friendship is important to me, and I truly value the trust and understanding we have built over time. Please accept my heartfelt apology for my outburst. I take full responsibility for my actions and am committed to handling stress more constructively in the future so that I don't hurt those I care about.

I hope you can forgive me, and I am deeply sorry for any pain I caused. Thank you for your patience and for being such a supportive friend. I am here if you want to talk, and I appreciate your understanding as I work to do better.

With sincere apologies,  
[Your Name]