

Dear [Friend's Name],

I hope this letter finds you well, though I know that things between us have not been easy after what happened. I am writing with a heavy heart and a deep sense of regret because I realize how much I have hurt you, and I want to express my sincerest apologies for breaking your trust.

Our friendship has always meant a great deal to me, and I truly cherish all the moments we have shared. Knowing that my actions have caused you pain and disappointment weighs heavily on me. I take full responsibility for my mistake and for the consequences it had on our bond. Looking back, I am deeply sorry for the choices I made that led to this situation. You deserved better from me, and I am truly sorry for letting you down.

I understand how important trust is in any relationship, and I realize that I have damaged something precious. Please know that it was never my intention to hurt you or betray your confidence. My actions were thoughtless, and I am truly sorry for the hurt I caused.

I want you to know that I am committed to making things right between us. I am striving to learn from this experience and grow as a person. Rebuilding your trust will take time, and I am ready to put in the effort it takes, through honesty, transparency, and consistent actions. If you are willing, I hope we can find a way forward together and restore our friendship to one built on mutual respect, understanding, and care.

I deeply value our friendship and would be grateful for your forgiveness. Please let me know if there is any way I can make amends, or if you need time and space-I will respect whatever you need. Thank you for reading this letter and for considering my apology.

With heartfelt regret and hope,  
[Your Name]