

# Emotional Apology Letter to a Friend

Dear [Friend's Name],

I hope you're doing okay. I've been reflecting on what happened, and I want to sincerely apologize for hurting your feelings. Please know that it was never my intention to upset you, and I deeply regret my actions and words that caused you pain.

Our friendship means the world to me, and the thought that I jeopardized that by being careless truly saddens me. I realize now how much my behavior affected you, and I want you to know that your feelings are completely valid. I'm so sorry for letting you down when I should have been supportive and understanding.

I care about you deeply and value the bond we've built over the years. If you're willing, I would really appreciate the chance to make things right and learn from this mistake. Your trust and our friendship are incredibly important to me, and I promise to be more mindful in the future.

Please take all the time you need. I'm here whenever you're ready to talk or if there's anything I can do to help heal this. Thank you for listening, and again, I am truly sorry.

With heartfelt regret,  
[Your Name]