

Subject: Sincere Apology for My Behavior

Dear [Friend's Name],

I hope this message finds you well. I am writing to offer my heartfelt apology for the misunderstanding and bad behavior that occurred between us. Upon reflecting on my actions, I regret the hurt I have caused you and want to express my sincere remorse for any pain or confusion I may have brought into our friendship.

I realize now that my words and actions were out of line, and I take full responsibility for how I behaved. It was never my intention to create distance or discomfort between us. I value our friendship deeply, and it hurts me to know that I may have jeopardized the trust and bond we share.

Please know that it is very important to me to clear up this misunderstanding and to work through any issues we may have. I am committed to being more mindful of my actions in the future and to maintaining a positive and respectful relationship with you.

I truly hope you can forgive me, and that we can move forward, heal, and continue to support each other as friends. Your friendship means the world to me, and I am here for you if you'd like to talk more about what happened.

Thank you for considering my apology, and I hope to hear from you soon.

With sincere regrets,  
[Your Name]