

Dear [Friend's Name],

I am writing this letter with a heavy heart, truly overwhelmed by regret for the way I hurt you. I know that my words and actions were disrespectful and out of line, and I am so deeply sorry for the pain I caused you. There is no excuse for what I did-I take full responsibility, and I cannot express enough how much I wish I could take it back.

You mean a great deal to me, and your friendship is incredibly valuable in my life. Knowing that I hurt you by my thoughtless behavior breaks my heart. You have always been there for me and deserve so much better from me. I recognize now just how much my actions must have hurt you, and I'm truly sorry for the disappointment and sadness I caused.

Please know that my apology is genuine, and my remorse is real. I am committed to doing better, to showing you the respect and care that you deserve, not just in words but in my actions moving forward. I want to rebuild your trust, and I hope that in time you can forgive me. I miss the bond we shared, and I treasure our friendship more than ever.

I understand that it may take time to heal, and I am here whenever you are ready to talk. Please let me know what I can do to make things right, because your feelings matter so much to me.

Thank you for reading this letter and considering my apology. I am sincerely sorry for what I've done, and I hope we can work through this and continue a stronger, healthier friendship.

With heartfelt regret,  
[Your Name]