

Casual friendship apology message

Subject: I owe you a huge apology

Hey [Friend's Name],

I've been feeling terrible about something, and I need to be straight with you. Remember when I told you [original lie]? Well, that wasn't true, and I'm really sorry for lying to you.

The real story is [actual truth]. I know this is probably confusing and maybe hurtful, and I totally get if you're upset with me. I lied because [honest reason - embarrassment, fear of judgment, trying to fit in, etc.], but that's no excuse for deceiving someone I care about.

You've always been such a good friend to me, and you deserved the truth from the start. I hate that I put this weird energy between us and made our friendship less authentic. That's not the kind of friend I want to be.

I'm not asking you to just forgive and forget – I know trust has to be earned back. But I hope we can talk about this and work through it because your friendship means a lot to me.

Sorry for being such a mess about this. Let me know if you want to grab coffee and talk, or if you need some space first.

Your hopefully-still-friend,

[Your Name]

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