This needs to be authentic. Otherwise don’t bother.
A powerful opportunity for real human connection and mutual understanding. It is not a way of saying it’s not your fault as you are always accountable for your own actions.
Harder than it sounds and means resisting the urge to say more or to walk away. Some nice open questions may help: what, how, why.
They need to know that you’re not just sorry, but also that you will do what it takes (insofar as you can) so you don’t find yourselves in that situation again.
If you want them to change, remember our tips for raising the issues you have with someone’s behaviour. They will likely see the part they play differently so it’s key to approach this positively.