



## The Importance of an appropriate apology

### What an Apology Really Does

- Repairs connection and trust.
- Brings us back into integrity with ourselves.
- Shows accountability rather than defensiveness.
- Allows healing to happen for both people.

### Common Pitfalls in Apologizing

- The “half-apology” → “I’m sorry you feel that way.” (Shifts responsibility away from you.)
- The “but apology” → “I’m sorry, but you were being really difficult.” (Cancels out the apology.)
- The “speed apology” → Quick and shallow, hoping it passes unnoticed.
- The “avoidance apology” → Skipping the apology altogether, hoping time erases it.

### The Anatomy of a True Apology

Let go of needing to “be right.”

Acknowledge specifically what you did. Example: “I interrupted you while you were sharing something important.”

Acknowledge the impact. Example: “I imagine that made you feel dismissed or unheard.”

Express genuine remorse. Example: “I feel regret for doing that.”

Make amends. Example: “Next time, I will slow down and really listen before speaking.” Ask: “Is there anything I can do right now to make this right with you?”

### Reflection Prompts

Think of a time someone apologized to you in a way that deeply landed.

- What made it feel sincere?
- How did it shift your connection with them?
- Think of a time someone apologized but it didn’t feel right.
  - What was missing?
  - How did it affect your trust in them?
- Where in your life right now might an apology bring relief?
  - What stops you from offering it?

## Practice Writing an Apology

- What I did (behavior I own): \_\_\_\_\_
- The impact I imagine it had: \_\_\_\_\_
- My words of apology (without justification): \_\_\_\_\_
- How I will make amends/ show up differently: \_\_\_\_\_

## Self-Compassion in Apologies

- Apologizing doesn't mean self-shaming.
- You can own your behaviour without erasing your worth.
- "I made a mistake, and that doesn't make me a bad person."
- "I can repair this."
- Being right is a defence strategy that I don't need for worth.