

How To Apologize

Knowing how to apologize is crucial in a healthy marriage. Here's how...

STEP 1

REFLECT

Say things like *"I'm sorry for _____"* or *"I apologize for _____."* Be specific and not general. And certainly don't say anything like, *"I'm sorry that you got your feelings hurt."* That's not an apology, that's an attack.

STEP 2

RECOGNIZE

Say something like, *"It was wrong of me to _____"* or *"I take responsibility for _____."* Own your part. Own your mistake. You're not perfect, the other person doesn't expect you to be perfect, so just own that you said or did some hurtful things, and don't make it about you.

STEP 3

REPAIR

Say things like *"I should have _____ instead of _____."* Name what you wish you would have said/done if you could do it over. You care deeply for the person in front of you; what would you do differently?

Even if someone else also contributed to the problem, ask yourself, *"What was my role?"* Give the other person a chance to respond without interruption. Forgiveness may take time and is not always guaranteed.