



## How to Apologize

### **What an Apology Does NOT Look Like:**

- = I'm sorry you feel that way.
- = I'm sorry you misinterpreted what I said
- = You misunderstood what I meant
- = I'm sorry but...
- = What about that time you...
- = It was your fault that I...

### **7 Steps Outlining How to Apologize:**

1. Say what you are sorry for
2. Say why it was wrong
3. Accept full responsibility
4. Ask how to make amends
5. Commit to not doing it again
6. Ask for forgiveness
7. Thank them

**Apologizing is an exercise in correcting our free will when we have made a mistake that needs a conversation with someone.**



**Man360.TV**