



9 Ingredients of a Good Apology

Based off "Why Won't You Apologize?: Healing Big Betrayals and Everyday Hurts"

- ___ Doesn't include the word "but"
- ___ Is focused on the original actions, not on the hurt party's response
- ___ Includes an offer of reparation or restitution that fits the situation
- ___ Doesn't over do
- ___ Doesn't get caught up in who's more to blame or who started it
- ___ The apologizer does their best to avoid a repeat performance
- ___ Should not serve to silence the hurt party
- ___ Shouldn't be offered if it risks making the hurt party feel worse
- ___ Does not ask the hurt party to do anything, not even to forgive