

Apology²⁷ Exercise

Share an affirmation or appreciation

- A. Describe the behavior/character trait that you appreciate.
- B. Give a specific example of when this occurred.
- C. Tell your partner how it impacted you.
"I felt..."

4. Admit you were wrong to have acted this way.
5. Tell your partner how your behavior makes you feel about yourself.
6. Tell your partner you hope s/he will be able to forgive you when they are ready.

Share amends you need to make for your own past behavior

1. Specify the behavior that you are making amends for.
2. Share a specific example of the behavior.
3. Tell your partner how you think it must have impacted them.
"I think you probably felt..."

Share a hurt or offense

- A. Describe the specific event that hurt or offended you.
- B. State how that impacted you.
"I feel/felt..."
- C. Tell your partner what you need in order to heal.
- D. Tell your partner if you are struggling with a root of resentment or bitterness about this event.

²⁷ Adapted from Johnson, S. (2008). *Hold me tight: Seven conversations for a lifetime of love*. Little, Brown Spark.