



IF YOU APOLOGIZE...

I'm sorry for...

Be specific. Show the person (or people) to whom you are apologizing that you really understand what you did and why they are upset about it.

This is wrong because...

Until you understand and choose to express why your behavior or choice was improper or how it harmed someone, it's unlikely you will correct it.

In the future, I will...

Use positive language to affirm what you **WILL** do, not to say what you won't do.

Will you forgive me?

Even if people you ask are not ready or willing to forgive you, it is important to **ASK** for forgiveness to help restore relationship and rebuild trust.

Inspired by JoEllen Poon



IF YOU APOLOGIZE...

I'm sorry for...

Be specific. Show the person (or people) to whom you are apologizing that you really understand what you did and why they are upset about it.

This is wrong because...

Until you understand and choose to express why your behavior or choice was improper or how it harmed someone, it's unlikely you will correct it.

In the future, I will...

Use positive language to affirm what you **WILL** do, not to say what you won't do.

Will you forgive me?

Even if people you ask are not ready or willing to forgive you, it is important to **ASK** for forgiveness to help restore relationship and rebuild trust.

Inspired by JoEllen Poon



IF YOU APOLOGIZE...

I'm sorry for...

Be specific. Show the person (or people) you are apologizing to that you really understand what you did and why they are upset about it.

This is wrong because...

Until you understand and choose to express why your behavior or choice was improper or how it harmed someone, it's unlikely you will correct it.

In the future, I will...

Use positive language to affirm what you **WILL** do, not to say what you won't do.

Will you forgive me?

Even if people you ask are not ready or willing to forgive you, it is important to **ASK** for forgiveness to help restore relationship and rebuild trust.

Inspired by JoEllen Poon



IF YOU APOLOGIZE...

I'm sorry for...

Be specific. Show the person (or people) you are apologizing to that you really understand what you did and why they are upset about it.

This is wrong because...

Until you understand and choose to express why your behavior or choice was improper or how it harmed someone, it's unlikely you will correct it.

In the future, I will...

Use positive language to affirm what you **WILL** do, not to say what you won't do.

Will you forgive me?

Even if people you ask are not ready or willing to forgive you, it is important to **ASK** for forgiveness to help restore relationship and rebuild trust.

Inspired by JoEllen Poon