The 5 Languages of Apology

I'm Sorry

1. Express Regret

The focus is on expressing regret. When a person genuinely regrets hurting another person, all that is needed is a simple "I'm sorry"

I was wrong

2. Accept Responsibility

The focus is on accepting responsibility for their actions. The person needs you to admit when you're wrong rather than provide a list of excuses. No matter what the excuse or the intention, someone was hurt so they need to hear you say, "I was wrong"

What can I do to make it up to you?

3. Make Restitution

The focus is on reassuring the person that they are loved. The person feels that if you really loved them you wouldn't have done the thing that was hurtful. So saying "I'm sorry" or "I was wrong" is not good enough. The person needs to know that you will make it up to them.

I will try not to do this again

4. Genuinely Repenting

The focus is on genuinely repenting. The person needs assurance that you will never hurt them that way again.

5. Request Forgiveness

The focus is on asking for forgiveness. Asking for forgiveness shows vulnerability and puts the person at risk of rejection. It reassures the person that you want to fix the relationship.

Please Forgive Me

If you're interested in more helpful tips and resources you can go to janarupnow.com

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Three Makes Baby

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