

Ways to apologize


No one's perfect. Sometimes you may do something that hurts someone you care about. Apologizing is often the best way to mend the relationship. Sure, you can try to avoid saying you're sorry by being extra nice or giving lavish gifts. But that may not restore a sense of trust. The key to a meaningful apology is to take responsibility. Assure the person that you know what you did wrong and that you're open to changing the ways you act and react.

Say something like:


I'm sorry that... 


I did/ didn't _____ 

and your feelings got hurt. 


I'll make sure it doesn't happen again by _____ 

Not something like:

 I'm sorry if...

 you thought that I _____

 and you're sensitive.

 I might do it again, but don't take it personally, okay?

Remember: An apology requires you to be vulnerable. It's normal to feel uncomfortable apologizing. That's because you're asking the other person to forgive something you may already regret having done. If it's well-received, though, it can be worth any trouble.