

I'M SORRY IS NOT ALWAYS GOOD ENOUGH

HOW TO GIVE A GOOD APOLOGY

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Knowing how to effectively apologize is one of the most important skills we can develop in life. It has a huge effect on our overall quality of life.

When I work with couples, I get to see how people give and receive apologies. I get to see the kinds of apologies that don't work and may do further damage, and I also get to see apologies that work and create more closeness and bonding.

As counsellors, often it's a key part of our job to help couples learn how to give and receive good apologies and to experience their healing benefits. When we receive a good apology, we know it. It's like we have a built-in system in our bodies, hearts, and brains that recognizes a good apology. We feel acknowledged, and we feel relieved.

While helping our clients learn better apologizing skills may be a positive part of therapy, as counsellors, we can also benefit from honing these skills in our own lives.



HOW TO SAY SORRY IN SIX SIMPLE STEPS

- 1** Apologize before it's too late.
- 2** Examine the situation.
- 3** Realize the hurt you caused.
- 4** Take charge for the damage.
- 5** Make sure to seek forgiveness.
- 6** Promise it won't happen again.

BE AWARE AND SELF-REFLECTIVE. SEARCH FOR HIDDEN BIASES AND ASSUMPTIONS YOU MAY HAVE.

SEE ASKING AS A FORM OF HUMILITY. IT IS GRACIOUS TO SHARE YOUR VULNERABILITY WITH OTHERS AND FOSTERS UNDERSTANDING AND CONNECTION.

ASK OPEN-ENDED QUESTIONS THAT CANNOT BE ANSWERED WITH YES OR NO.

BE PREPARED TO BE SURPRISED. BE PREPARED TO BE WRONG. CELEBRATE THIS!