

10 Ways to Give an Invalidating Apology



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10 Ways to Give an Invalidating Apology Include:

1. "I'm sorry IF..."
2. "I'm sorry BUT..."
3. "You were wrong too."
4. "Why didn't you tell me sooner?"
5. "I'm sorry for (names vague and confusing issue such as 'for not being the person you want me to be' or 'for not being kind in that moment')."
6. "It is what it is."/"I'm going to 'do me.'"
7. Making excuses for one's behavior using religion, mental health, or a substance
8. "I think these are based on your issues or past experiences."
9. Fine, from now on I won't do (fill in the blank with common activity such as call/text/talk to you) so I won't offend you."
10. An apology without changed behavior.

You can tell a lot about someone by how that person apologizes.