

Giving A Validating Apology



Validating Apologies:

- Are **thoughtful**. Take the time to think about how you have hurt the other person.
- Are **sincere**. Leave out humor, annoyance, etc. Additionally, true apologies are not replaced with gifts.
- Are **specific**. Name exactly what you did or said, or what you should have done but didn't.
- Are **timely**. Apologize sooner than later! Don't let time pass you by after you have wronged someone. Don't wait for the other person to apologize first.
- **Warrant the right to be rejected**. Someone may not accept your apology for a plethora of reasons, including those named in 10 Ways to Give an Invalidating Apology, or where they are in their journey of forgiveness.
- Are **spoken and not just assumed based on behavior**. In other words, you just can't focus on behaving better; you should also apologize.
- **Include changed behavior**. If you are truly sorry, you will follow it up by how you treat the person.