



The Apology I Need to Hear

What would help me feel seen, respected, and loved.

1

INITIATE

Do not wait for me to bring it up.

"I know I hurt you, and I want to talk about it."

2

APOLOGIZE SINCERELY

No excuses. No justifications.

"I'm sorry. I was wrong. I take responsibility."

3

ACKNOWLEDGE THE SERIOUSNESS

Do not make it sound small.

"I understand why this hurt you."

4

COME READY TO REPAIR

Show me that you thought about it.

"I want to make this right, not just move past it."

5

SHOW LOVE AND CARE

Let me feel tenderness, not just words.

"I love you. I care about how this affected you."

6

MAKE A CLEAR PROMISE

Do not just say, "I won't do it again."

"Starting now, I will _____ so you can see the change in real life."

7

USE WRITTEN WORDS IF NEEDED

A note can help when spoken words are hard.

"I want you to have these words, not just hear them once."

8

GIVE ME TIME AND SPACE

Do not rush me to be okay.

"I understand you may need time. I will not pressure you."