

How to Start an Apology

You made a mistake... now what? It's time to give a 4-step proper apology and we've given you a jump start to step #1.

Remember the four steps are:

S
T
E
P

1

I'm sorry for (ACTION) + (FEELING) .

S
T
E
P

2

I was wrong!

S
T
E
P

3

How can I make this better?

S
T
E
P

4

Will you forgive me?

- 🗨️ I'm sorry for spending too much time on my phone, making you feel ignored.
- 🗨️ I'm sorry for putting my career in front of our marriage and making you feel neglected.
- 🗨️ I'm sorry for yelling at you and making you feel disrespected.
- 🗨️ I'm sorry for walking away and making you feel unimportant.
- 🗨️ I'm sorry for calling you names and causing you to feel worthless.
- 🗨️ I'm sorry that I haven't initiated sex, making you feel undesired.
- 🗨️ I'm sorry for interrupting you and making you feel overlooked.
- 🗨️ I'm sorry for not helping around the house, making you feel overwhelmed.
- 🗨️ I'm sorry for spending more time with the kids than with you, making you feel abandoned.
- 🗨️ I'm sorry I haven't communicated my needs, making you feel confused.

-  I'm sorry I have put my own wants and desires before yours, making you feel invisible.
-  I'm sorry I've been controlling, making you feel manipulated.
-  I'm sorry I lied to you, causing you to feel deceived.
-  I'm sorry I was viewing porn and making you feel unloved.
-  I'm sorry I was short with you, making you feel irritated.
-  I'm sorry I didn't stand up for you, making you feel humiliated.
-  I'm sorry for trying to fix you instead of listening to you, causing you to feel disconnected.
-  I'm sorry for judging you and making you feel ashamed.