

Apology Exercise:

Think of a time you felt wronged and reacted badly as a result. Think about the things you said or did that may have caused harm.

What I said/did to upset someone:

What I was feeling in that moment (circle the one that fits best or make your own):

Pain Betrayed Vulnerable Grief Rejected Sad Misunderstood Ignored
Invisible Discarded Insecure Jealous Angry Small Used Ashamed

Add your own feeling words: _____

Express your feelings with an I-Statement:

“I was feeling _____ when I _____”

I am sorry that I expressed my feelings in that way. What can I do to help repair this?”

“I felt _____ when you _____”

Ask about their intentions, feelings, and actions. Be open to their perspective.

If both parties are willing to listen to understand, an apology has great potential to repair and *strengthen* relationships.

At first, we will not always get it right. We may say or do things that cause greater miscommunication. But if we are willing and ready to listen, we will eventually learn how to apologize in a way that communicates our feelings and leads to greater intimacy and understanding in our relationships. A great apology enhances our ability to forgive, and to be forgiven.

This worksheet was written and designed by Olivia Schnur and published on oliviaschnur.com. It should not be re-written, edited, or distributed for commercial use without express permission from the author.