Walker Therapy Services

HOW TO EFFECTIVELY SAY YOU'RE SORRY

A sincere apology involves reflecting on your actions, taking responsibility for the things you did, and changing behaviors to improve in the future. Saying you're sorry can help repair a damaged relationship by showing that you care and respect the other person.

- ***Reflecting on your actions***- Stepping back and considering your role in the conflict.
- ***Taking responsibility-*** Admitting to your actions and saying, "I'm sorry".
- ***Listening and improving-*** Accept feedback from the other party and make a conscious effort to avoid repeating a mistake.

It is not always easy to say sorry, however, reviewing and practicing these steps can help.