Giving A Validating Apology



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# 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.