

# APOLOGIZING PROPERLY

I'm sorry, but this has to be said. Not every time we say sorry is an acceptable apology. Does that surprise you? Suffice it to say, it's very possible to say sorry and not really mean it. And it's also very possible to make an apology that was not an apology at all.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

- Write out an apology imagining that you forgot to do your homework, you broke your friend's favorite toy, you lost a friend's kite, and you failed to get your Skill Trek assignment done for ol' Roland.
- Over the next three weeks, make proper apologies, not weak worthless "I'm sorries." Tell your parents about your experience so they can give you any advice.

Truly apologizing hurts our pride. This is a humbling action, which is us publically announcing that we are wrong, what we did is wrong, and laying ourselves open to the other person.

- So to start with, instead of saying, "I'm sorry," say "I was wrong to do that. I was wrong, wrong, wrong."
- Make no excuses. "I was wrong to call you that name, but I was really tired." No. Simply say "I was wrong."
- Avoid the IF word. "I apologize if I upset you." So are you saying you are not apologizing IF you didn't upset me? No, if what you did was wrong, apologize for it. "I did offend you. It was wrong of me and I am so sorry for doing that."
- Show remorse. If I hit you on the arm, say I was sorry, and did it another ten times, saying I was sorry between each hit, would you believe me? Of course not, it would mean nothing. An apology must be accompanied by a deliberate mind set of accepting that the action was wrong and a commitment not to do it again.
- Now, make it right. If you broke something of someone's, how can you replace it? If you made a person unhappy, how can you make up for it? If you inconvenienced someone, how can you get them back on track?  
Making amends should be a positive thing, not "I scratched your bike, so you scratch mine." Rather, "I scratched your bike. I'm so sorry. I have a super cool sticker that I have been saving. It would cover that up and look awesome." Be creative, and your actions will show a person how genuine your apology is.
- A final step that is useful, ask the person to forgive you. Make sure the air is clear and there is no tension.

So it may look like this, "I'm so sorry that I lost your ball. You told me not to kick it hard and I didn't listen. I'll make sure I don't ever do it again. I'll get my dad to help us look for it. Will you forgive me?"

