Uncage Your Emotions

HOW TO OWN WHO YOU ARE
IN THE MIDDLE OF YOUR MESS

APOLOGY



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Apologies are defined as a regretful acknowledgment of an offense or failure, and if done right, it can "clear the air."

An authentic apology aligns you with your values and puts you back in integrity with yourself. But an apology without accountability doesn't count! The goals of a successful apology is to own our behavior and make amends.

We usually don't put much thought or energy into the apology as we:

1. Say it quick
2. Say it under our breath
3. Try to sneak it in the conversation.
4. Lead with the justification. ("I'm late because of this crazy traffic.")

The time period LEADING UP to the apology can also be extremely energy draining for both parties. What happens in the timeframe from discovering that you messed up to owning up to it, looks like this.

Guilt—justifying—excuses—blaming—and back to guilt. It repeats until we apologize.

The best steps to responsible, accountable, and authentic apologies that draw connection are:

1. **Own it.** Admit remorse. Don't justify! (Be specific as to what behaviors you did).
2. Ask for forgiveness. Let them know you are **sorry**. (That you are late or that you imagine they may feel frustrated to be left waiting to see if you were going to show up.)
3. Make **amends**. Ask what can you do in the future, or what you need to do now to make up for it?

Think about a time someone owned their mistake with you and didn't justify, simply asked for forgiveness. I bet you found yourself respecting their character more and you noticed a complete shift in the relationship from guarded or upset to back in connection with them.

Is there something you need to apologize for now? Write about it below and what you plan to say.