

Apologize

What does it mean?

I express regret: I'm sorry.

I accept responsibility: I was wrong.

I make restitution: I will make it right by...

I genuinely repent: In the future I will...

I request forgiveness: I hope you will be able to forgive me.

Everyone's wrong at some point. Because, hello, we are humans, and humans are imperfect beings.

"Never ruin an apology with an excuse." - Benjamin Franklin



Apologize

Looks like:

Sounds like:

Feels like:



Apologize

Looks like:

Attention to the person to whom the apology is directed

Acknowledgement of the hurt or damage caused

Acceptance of responsibility

Show of sincerity

Sounds like:

Brief, specific and factual recount of the action you're apologizing for

"I see how I offended you."

"I could have said/done _____ differently."

"I completely understand why you are angry with me."

"I am responsible for..."

"I realize how my action upset you."

Feels like:

Relief

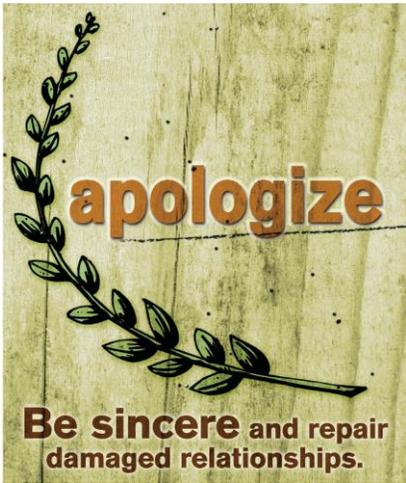
Humble

Brave

Mature

Vulnerable

Risky



Apologize

Discussion Starter Questions:

What does "a good apology" look like? Sound like? Feel like?

When you are hurt by someone and they make a sincere apology to you, how do you feel? How do you view the person who is apologizing? What do you do or say?

Identify a time when you made a sincere apology. How did it feel? How did it impact the person or group you were apologizing to?

Making a sincere apology takes courage - no matter how small or large, intentional or unintentional the offense. Share a time when making an apology was painful or difficult. Where did you find the courage to apologize?

An apology, no matter how sincere, does not guarantee forgiveness. Why or why not? How does this impact your decision to make or not make an apology?

Brainstorm some examples of insincere apologies. Have students identify the quality that makes each insincere.

Examples for teacher:

- Making a vague or incomplete acknowledgment - "I'm sorry for whatever I did."
- Using a passive voice - "Mistakes have been made."
- Making it conditional - "If mistakes have been made..."
- Asking if there has been damage - "If anyone has been hurt..."
- Minimizing the offense - "There's really nothing for which to apologize."
- Saying "I'm sorry" or "I'm sorry you're angry with me"
- Identifying the wrong offense - "I'm sorry for causing you pain, but I don't believe what I did was actually wrong."

Situations to Discuss:

You have plans to meet with a friend. At the last minute, the friend ditches you. You are upset and send this a friend a passive-aggressive text. How will you apologize? (Example: I'm sorry I sent that text. I felt that you ditched me and it ticked me off. I wish I would have just told you I was mad. I'm sorry I didn't. Next time, I'll talk to you about how I'm feeling instead of sending you a snarky text.)

You and your friends are picking out a movie at the video store. You start laughing and using some "vulgar" language. You look over and see a mom with two little kids. How will you apologize? (Example: You guys, there's kids over there. I'm sorry. We were inappropriate. We'll cool it.)

You are having a rough start to your day. On your way to your first class, you accidentally bump into another kid who then drops his books and immediately calls you an idiot. How will you apologize? (Example: Arrgh! I am sorry. Let me help you. I should have been looking. I'm sorry.)

You and your pals go to MacDonald's for lunch. You are caught up in a conversation and, without realizing it, cut in front of an older couple. The man taps you on the shoulder, as you are placing your order, and tells you he was there first. How will you apologize? (Example: Sorry sir! We did not mean to cut in front of you. That's rude. Go ahead of us please.)