

Apologies and Forgiveness

Apologies & Restoration	Forgiveness
<p>Saying, “I’m sorry” may or may not be enough. If it isn’t, here are some suggestions that may be helpful.</p> <p>Six Steps to Restoration</p> <ol style="list-style-type: none"> 1. Without explanation or excuse, state what you did in a factual way. Example: <i>“I took our money and spent it without consulting you”</i> 2. Acknowledge, tentatively, the potential emotional impact on the other person. Example: <i>“I imagine you felt hurt and scared.”</i> 3. Acknowledge that you know what you did was wrong and share what you wish you had done. Example: <i>“I was wrong. I wish I had talked with you about it before I did that”.</i> 4. Explain what you will do differently next time. Example: <i>“Next time, I will talk with you about our financial choices”</i> 5. Ask for a connection or action request. Example: <i>“Would be willing to tell me how that was for you?” or “In what way can I replace the funds that works best for us both?”</i> 6. Listen to what the other person has to say and then validate and acknowledge their perspective. Practicing with someone else beforehand can reduce the tendency to go into self-pity, dramatizing, guilt or excuses. Often, we can benefit from the advice and council from an objective third party. <p>Adapted from: <i>“The Eight Points Of The Oxford Group”</i>, by C. Irving Benson Oxford Group Movement & Marshall Rosenberg’s, Non-Violent Communication</p>	<p>Four Elements of Forgiveness</p> <ul style="list-style-type: none"> • Calm yourself down. <ul style="list-style-type: none"> ○ Through self-care and self-regulation, calm your emotional storm on your own or with the help of another person. • Address Entitlement <ul style="list-style-type: none"> ○ Find places in your story where you take an exaggerated level of personal offense, and explore ways to grieve loss without blaming others for your physical or emotional experience. • Change the Story <ul style="list-style-type: none"> ○ Through telling the story to a trusted friend, journaling, and/or counseling of the hurt you have experienced, understand your story, including you as a strong, capable person, acknowledging your role in the situation. • Practice Gratitude <ul style="list-style-type: none"> ○ Find reasons to be grateful for the life you are currently living, including the hurt and healing you are experiencing/ have experienced. <p>Adapted from <i>“Forgive for Love”</i>, Dr. Fred Luskin, Forgiveness Project, Stanford University</p>

Making Amends

This is a direct way to be responsible for your behavior and action that is deeply respectful to the other person. It is meant to offer some structure around how to begin difficult conversations.

1. **What you did** (observation only, without judgment).
Example: I looked over where you were sitting and had a look on my face. Then I got up and left the room.

2. **What the emotional impact may have been** (uses a feeling vocabulary)
Example: You may have felt confused or fearful

3. **What I wish I had done** (concrete action or words)
Example: I was wrong to leave without explanation. I wish I had told you I needed to step away and would be back to explain in about 10 minutes and that what was going on.

4. **What I will do from now on** (future focused action)
Example: I will be more clear with you about needing to step away and give you a time frame of when you can expect me back.

5. **Request** (connection or action). A request is different than a demand in that there is no consequence if someone says “no” to your request.
*Example: Would you be willing to hear what was going on for me? Or would you be willing to tell me how that was for you? (connection)
OR Next time this happens, would you be willing to let me be and not have an explanation? (action)*