

## Apology Tips

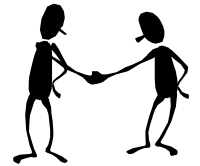
- Breathe. Ask them if you can speak with them in private about something important.
- Remind yourself that even though it takes a lot of courage to tell the truth, your friendship is worth rebuilding the trust by being honest.
- Look them in the eye to show that you mean it.
- Don't just say "Sorry." Be honest and admit what you did. Don't say that it was an accident if you really did it on purpose because you were mad.
- Accept responsibility by saying that you were wrong, out of control, weren't thinking or that you didn't mean to be hurtful.
- Ask, "What can I do to make this up to you?"
- Show that you are serious by stopping yourself from repeating the same behavior. Tell them what you plan to do instead the next time.
- Ask for forgiveness. Be willing to wait if it takes them a while to calm down and forgive you.



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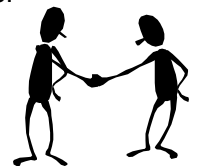
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