

# Points on How To Say, “I’m Sorry!”—The Right Way



If you’ve been on planet Earth for long, you know that apologies are an important and necessary way for humans to maintain long-term relationships. And, as Dawn Friedman points out in a piece titled “Forgive yourself” in *Yoga Journal*, when it’s not done well then you know how much it matters to do a good job when you apologize. There are many things that can botch a heartfelt apology and make it appear half-hearted. Here are three recommendations from Friedman on how to deliver a winning apology:

Take responsibility. Tell the person the apology is aimed at that exactly what you are sorry for. “I’m sorry I lost control of my temper the other night.” Stay away from excuses like “I’ve been fighting with my husband a lot and I just lost it.” Stick with what happened and don’t blame your shortcoming on anything or anyone else. Acknowledge that you’ve hurt the other person. Say “I know I hurt you.” Avoid saying “You seemed offended from what I said.”

Let the other person know that you have good intentions for the future. Be specific. Say “I will remember how much I’ve hurt you. I will also remember that you don’t like to be criticized publicly.” This is better than just saying you’ll try not to do it in the future.