

Apology Worksheet

Write a letter of confession to your partner. It could be something common like getting caught up in your own issues and not paying attention to your partner's needs, or it could be something more difficult. Chose a topic where both members need to apologize and is a topic where both of you are willing and ready to give a heartfelt apology. Later, give or read the letter to your partner.

The letter should have 3 sections.

1. The offense:
2. My confession (follow principles and tips):
3. My trust-building evidence of change will be:

Here are 7 principles for giving a good apology.

Timing:

1. Confessing before you are caught or asked to will make it easier to do.

What you say:

2. Remind your partner of your covenant relationship.
3. Make a clear direct confession, without explaining circumstances.
4. Take responsibility for any sins that may have contributed to hurting the other (such as being overly busy or preoccupied).
5. Use tenderness and touch throughout the process.

After the confession:

6. Immediately do something to show your change of heart/repentance - for example: If you weren't paying enough attention then plan some time together just to attend to each other. Or if you said something mean, write a love letter full of kind and encouraging words. Be extravagant in showing your change of heart. If you can, choose something that relates to how you hurt your partner.
7. Remember the importance of accumulating trustworthy post-hurt events. Repeating the same hurt soon after a confession makes you seem insincere.