

Making Amends

Offenses between partners lead to an imbalance of power. This can be a difficult time for couples, but it is also an opportunity for growth! Intimacy develops from partners honoring one another during times of vulnerability. Lets practice these 6 steps that can help you, as a couple, to achieve growth through the process of making amends.

1. Acknowledge the gap
 - Share the facts
 - How much hurt has been done?
2. Apologize for the offense
 - Accept responsibility
 - Express intent to repair the hurt
3. Receive the apology
 - Recognize the courage it takes to apologize
 - Express gratitude
 - Forgiveness is not required right now!!
4. Discuss how the injustice can be reduced
 - What would help to make it better?
 - This doesn't have to be one thing that fixes everything
5. Acknowledge the improvement
 - Share that the person has made a step towards fixing the gap
 - Support and encourage your partner for working hard
6. Continue monitoring
 - The gap will not be closed over night but it can be done
 - How was this experience for you?

Now that you have practiced this here with the HOPE therapists, how do you feel about continuing with the ideas you came up with at home? How can it be improved? You've made a great start towards improving a painful situation, but remember to remain open with one another as you work together to achieve growth.