

# 7 TIPS FOR A GOOD APOLOGY TO YOUR PARTNER

1

Confess before you are caught or asked to apologize.

2

Remind your partner of your commitment to the relationship, your love and care for him or her.

3

Make a clear direct confession, without explaining circumstances or situations that contributed to your offense.

4

Take responsibility for any sins or problems that may have contributed to hurting the other [such as being overly busy, preoccupied, ...].

5

Use tenderness and touch throughout the process if accepted.

6

Immediately do something to show your change of heart and repentance. Be generous. If you can, choose something that relates to how you hurt your partner.

7

Remember the importance of accumulating small trustworthy actions. Repairs rebuild trust.