



Saying I'm Sorry

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Identify Problem: Avoiding reoccurring stress by apologizing. Sometimes arguments start over the silliest things! They may seem important at the time, but after you cool off a bit and analyze the situation, you realize the source of your argument wasn't so important after all. All you want is your friendship back! The good news is a sincere apology can work wonders at healing an argument and getting you back into the good graces of your friend.

Materials: "How to apologize to a friend" (attached), pencils, notepaper

Exercise: Talk with the students about apologizing. If possible, share a story that happened in your life where apologizing helped a relationship. You could tell a story of a time you wish you had apologized to a friend or family member to fix a problem, or, set an example for the students by telling them of a current situation that you will be apologizing for. Help the students to recognize some of the benefits of apologizing and ending a dispute

Discussion: When you admit your mistakes and don't hide your weaknesses. We all are extremely flawed. Apologies are an absolute necessity to bring balance in our lives. When apologizing, you begin to fix the problem you created and the healing process begins. By not apologizing you are merely sweeping dirt under a rug. By not apologizing you are covering up your actions hoping to get on with life. It doesn't work that way. The problem will reappear and bite you when you least expect it and at the worst time. If someone hurts you, it is justice to have them apologize to you. For some reason this is not the case when we hurt someone. The hurting person desires your sympathy as much as you desire theirs. You restore the victims' feelings and self-esteem. By sincerely apologizing you show effort in a relationship. You are taking action on the relationship by apologizing. You no longer need to cover up your behavior. Your newfound courage will roll into other areas of your life as you begin to face up to other difficult issues you had avoided in the past. Apologizing produces guilt in other people for the better. They see you apologize for your mistake and compare it to their contribution to the mistake or another mistake they've made. They may become aware that what they have done is far worse than your mistake, which produces guilt and possibly leads them too also apologize. You can say apologizing has a "chain-reaction" affect.

Identify Skills: Stress reduction
Making friends
Apologizing to a friend
Admitting mistakes

Source: Jon Butler and article by Kristie Leong M.D.

How to Apologize to a Friend!

By Kristie Leong M.D.

Sometimes arguments start over the silliest things! They may seem important at the time, but after you cool off a bit and analyze the situation, you realize the source of your argument wasn't so important after all. All you want is your friendship back! The good news is a sincere apology can work wonders at healing an argument and getting you back into the good graces of your friend. Here's how to apologize to a friend:

1. If at all possible, apologize in person. You want to deliver your apology in the most personal way possible and you want your friend to be able to see your facial expressions. Avoid apologizing by phone or email, if at all possible.
2. Apologize as soon as you can after the argument. Don't allow too much time for further anger to build up between you and your friend.
3. Practice what you plan to say in your apology until you're satisfied with it. You may only get one chance to say what you have to say. Make sure your apology is well thought out and clearly stated.
4. Be willing to accept the blame. Don't deliver a partial apology; it only comes off as insincere. If you're going to apologize, make sure it's a complete, heartfelt apology, not an insincere, partial one. Acknowledge your role in the argument.

