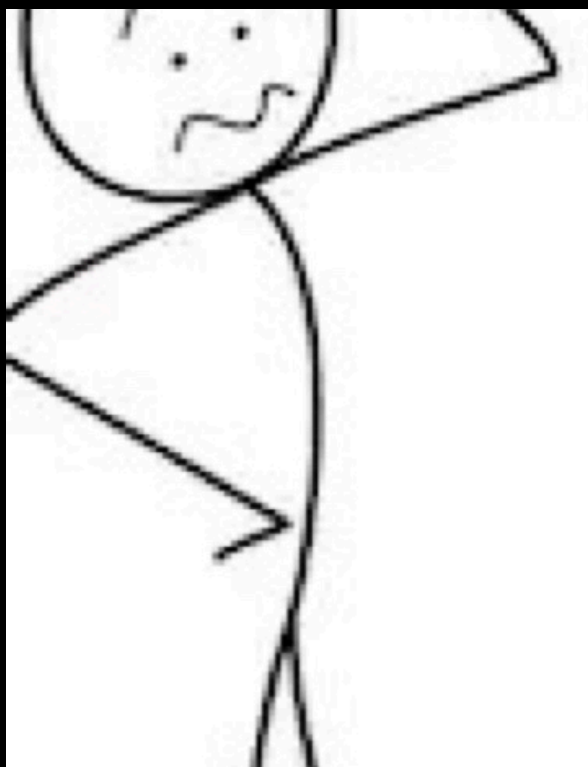


Apologizing to our Partner 101

Remember our intention plays a big part in how we see our interaction with others. If your partner misreads your intention; then your interaction will differ. The same rule applies if you mis read your partner's intentions.

My intention
is to apologize for
the things I said
during our
conversation.



1. Speak your Intention

2. Acknowledge what your partner is stating as the concern



I understand you may have felt I was not listening to a word you were saying.

3. Offer an opportunity to focus on the issues and concerns that are brought up about the argument.



It sounds like the main concern here is that you feel I am not listening to you. Which likely makes you feel like I don't care about you or what you have to say.

4. Be open to discussing examples of similar times when this happened.



JUST LISTEN

5. Reflect on what could have been different about the way you addressed the incident which resulted in the argument.



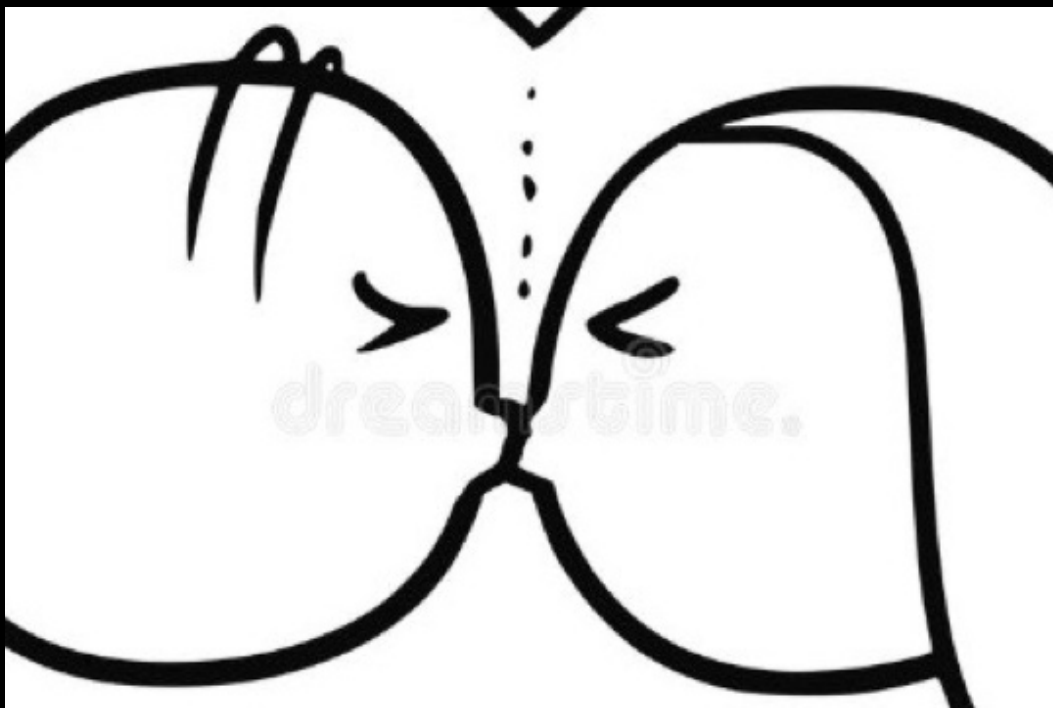
Honestly, I could really see why you felt that way; given the way I reacted to you.

6. Open up about the concern that caused the reaction; which you are apologizing about.



I don't often feel like you follow any of the advice I offer. It's almost as if you did not value my input-I think that's what triggers me to act that way.

7. Decide on how to alert each other if either of you feel a similar incident is occurring.



If I see us going down this path again; I will reach out for a kiss to help me remember, we can communicate more effectively