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## Common mistakes

Below, we recommend avoiding some common mistakes that weaken apologies:

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- † criticism or an excuse, which counteracts our apology.<sup>iii</sup> @ eraser. It erases everything we said before it, regardless of how much compassion we had expressed.

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- Wh o acknowledge we have actually done something wrong.
- We also recommend refraining from using other words that prevent us from taking full  
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Avoid apologizing for the way the other person feels

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- Sometimes we feel really guilty for our actions. While apologizing, we should avoid allowing our guilt to dominate the conversation. ‡ We should not significantly shift from the apology to our need to be reassured or consoled.

Avoid expecting to be forgiven immediately

- In some cases, the hurt party is unable to offer forgiveness. In other cases, it takes time for them to heal, and to avoid pressuring them to forgive us.<sup>vi</sup>

8 "M @ @ ‡ o " *Karen Grierson (Blog)*, January 30, 2018, [www.kgrierson.com/uncategorized/impact-vs-intent-suck-apologies](http://www.kgrierson.com/uncategorized/impact-vs-intent-suck-apologies)

O = u k u " *Psychology Today*, September 14, 2014, [www.psychologytoday.com/ca/blog/the-dance-connection/201409/the-9-rules-true-apologies](http://www.psychologytoday.com/ca/blog/the-dance-connection/201409/the-9-rules-true-apologies)

O = u h " ‡ u k o " *Psychotherapy Networker*, March/April 2018, [www.psychotherapynetworker.org/magazine/article/1150/the-power-of-apologizing](http://www.psychotherapynetworker.org/magazine/article/1150/the-power-of-apologizing)

U u # u = " " h "8 " *Mind Tools*,