



How Can I Apologize? Let Me Count the Ways





Freedom from Myself
Pt 1

THE LORD GOD SAID



IT IS NOT GOOD FOR MAN TO BE ALONE I WILL MAKE A HELPER SUITABLE FOR HIM GENESIS 2:18



God in His Power and Wisdom...

- Ordained
- Designed

Although Adam had Relationship

- God
- Animals
- Still Alone

"Now the Lord God said, It is not good (sufficient, satisfactory) that the man should be alone; I will make him a helper (suitable, adapted, complementary) for him." Genesis 2:18 (AMP)



Even Healthy Relationships Have Problems

Relationships

Individuals Need to Feel Loved and Appreciated Relationships Provide This

But they can also Promote Misunderstanding

Actions Run Contrary

Emotions Get Stirred

Feelings Get Hurt

To Guard This,

We Need To Deal Effectively...

Even Healthy Relationships Have Problems



Even Healthy Relationships Have Problems

Relationships

Individuals Need to Feel Loved and Appreciated Relationships Provide This
To Guard this, they Need to Deal Effectively...

The Reality

No One Is Perfect.

If People Do Not Deal With the Failures...

...Resulting In An Emotional Barrier of Hurt

The Revelation

- Apologizing
 - Forgiving



Five Relational Languages Love Languages ... Help Us Connect inguages of Apology ...Help Us Re-Correct



Apologizing

The Bible is Very Positive Regarding the Issue of Apologizing

"He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion." Prov 28:13

"But your iniquities have made a separation between you and your God, and your sins have hidden His face from you so that He does not hear." Isaiah 59:2

"Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering." Matt 5:23-24



How To Teach Kids To Say

SORN

Learning to Apologize

People learn different styles of apology/non-apology from parents.

Research shows that about 10% of the population...

...almost never apologizes,

...most of these are men

...they learned this from their fathers

SORRY

New Rule!

Guidelines for Real Apologies



Guidelines for Real Apologies

Number One Rule

NEVER say "I'm sorry...but"

...even if there was wrongdoing on other side

- The "but" nullifies the whole apology
- It's an attempt to excuse your own bad behavior based on their bad behavior
- It takes strength/ humility but you ALWAYS have a choice over your actions
- Be responsible for owning up on your end
- God will deal with your spouse separately





Common Formats For Apology that Are "Counterfeit"

"Sorry-excuse"

Example:

"I'm sorry I didn't call-I've been really busy."

Translation:

"Please be understanding about the fact that other things were more important than you."



- "Sorry-excuse" "I'm sorry I didn't call-I've been really busy."

 "Sorry-Denial of Intent"
- oEx-"I'm sorry you took it that way. It wasn't what I meant."
- Tr-"I think it's too bad that you had difficulty understanding me correctly."
- Ex-"I'm sorry if I offended you."
- oTr-"I can't think of anything I did wrong, but if you think so, I'd be happy to apologize so I can get back in your good graces."

Sometimes, somy just isn't enough.

- "Sorry-excuse" "I'm sorry I didn't call-I've been really busy."
- "Sorry-denial of intent" "I'm sorry you took it that way. Not what I meant."

"Sorry-Blame"

Example:

"I'm sorry I didn't call sooner. Have you been feeling insecure about our relationship lately?"

Translation:

"If you are upset about my not calling, the real cause is your own insecurity, not anything I did."







Guidelines For Real Apologies

Only say "I'm sorry," when ...

- you mean it
- can specify what you are apologizing for

A "healthy" or authentic apology can be stated clearly what we did that was disrespectful or inconsiderate without:

- · immediately explaining why we did it,
- telling the person that however it looked or sounded, it wasn't our real intention
- bringing up some other issue that suggests that the other person contributed to or caused the problem.

Guidelines For Real Apologies



Guidelines For Real Apologies

Decline to accept an apology that is not given sincerely.

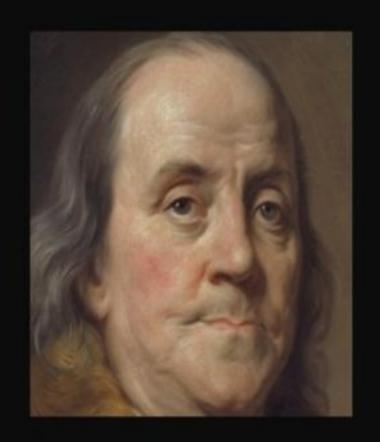
When you accept an apology, knowing it wasn't real, you pretend an issue is resolved while harboring resentments.

Gently, firmly, without anger.

refuse to accept an insincere apology,

You will feel greater confidence

- You Won't Feel manipulated or pacified
- you hold the other person more accountable
- without having to argue or try to force an apology.



Never ruin an apology with an excuse.

~ Benjamin Franklin