

Sincerely Sorry

“They should be ever ready to overlook each other’s mistakes, apologize for harsh words they have uttered, forgive and forget.” –Bahá’í Writings

“You’re mad because I told the team you and Josh are fighting? Well sorrrr-ry. But it’s true, isn’t it? Don’t be so sensitive.”

If a friend gossiped about you, would that apology help? In any friendship, there will be times when something goes wrong. A real apology can do a lot to fix the problem. When giving an apology, try these four steps to be sincere.

1) “I’m sorry for _____.” Explain exactly what you did wrong.

2) “It was wrong because _____.” Explain why it was wrong, to show you understand.


3) “Next time, I’ll _____.” Say what you’ll do differently in the future.

4) “Will you forgive me?” If the person needs to cool down, ask to talk later.

Whether you’re giving an apology or forgiving someone, a respectful tone of voice and eye contact will show you mean it. You’ll repair hurt feelings and build an even stronger friendship.

How would you give a sincere apology in these two situations?

1



YOU PROMISED TO MEET ME HERE YESTERDAY TO PRACTICE FOR OUR TOURNAMENT. I WAITED FOR AN HOUR.

WHEN I WENT HOME, I SAW YOU RIDING BIKES WITH HANNAH. WHAT’S UP WITH THAT?


I’M SORRY FOR ...

IT WAS WRONG BECAUSE ...

NEXT TIME, I’LL ...

WILL YOU FORGIVE ME?

2



OH NO, MY MODEL FOR SCHOOL! YOU KNOW YOU’RE NOT SUPPOSED TO TOUCH MY STUFF WITHOUT ASKING! I’VE BEEN WORKING ON IT FOR WEEKS!

I’M SORRY FOR ...

IT WAS WRONG BECAUSE ...

NEXT TIME, I’LL ...

WILL YOU FORGIVE ME?