

"Sorry."

When you want to make things right

I'm so sorry I...

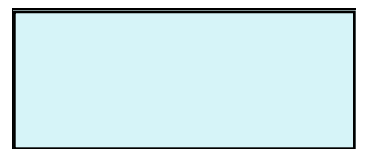


It was...

- ☐ hurtful
- ☐ insensitive
- ☐ inconsiderate
- ☐ thoughtless
- ☐ selfish
- ☐ disrespectful
- ☐ obnoxious
- ☐ demeaning
- ☐ dismissive
- ☐ humiliating
- ☐ unforgivable
- ☐ unfair

- ☐ snarky
- ☐ cowardly
- ☐ undignified
- ☐ underhanded
- ☐ devious
- ☐ manipulative
- ☐ controlling
- ☐ aggressive
- ☐ abusive
- ☐ mean-spirited
- ☐ dishonest
- ☐ out of line

- ☐ petty
- ☐ childish
- ☐ spiteful
- ☐ sleazy
- ☐ inexcusable
- ☐ preventable
- ☐ a terrible choice
- ☐ a huge mistake
- ☐ other



I...

- ☐ cringe...
- ☐ feel sick to my stomach...
- ☐ want to crawl in a hole...
- ☐ am so embarrassed...

- ☐ am so ashamed of myself...
- ☐ feel horrible...
- ☐ other

...when I think about making you feel...

- ☐ hurt.
- ☐ blamed.
- ☐ attacked.
- ☐ embarrassed.
- ☐ invisible.
- ☐ inadequate.
- ☐ taken for granted.
- ☐ disappointed.
- ☐ unwanted.
- ☐ unimportant.
- ☐ bullied.
- ☐ belittled.
- ☐ criticized.
- ☐ judged.
- ☐ embarrassed.
- ☐ undermined.
- ☐ controlled.

- ☐ manipulated.
- ☐ tricked.
- ☐ violated.
- ☐ betrayed.
- ☐ disrespected.
- ☐ stalked.
- ☐ threatened.
- ☐ trapped.
- ☐ scared.
- ☐ insecure.
- ☐ exposed.
- ☐ pressured.
- ☐ harassed.
- ☐ jealous.
- ☐ ignored.
- ☐ unappreciated.
- ☐ undesirable.

- ☐ ugly.
- ☐ self-conscious.
- ☐ forgotten.
- ☐ irrelevant.
- ☐ insignificant.
- ☐ abandoned.
- ☐ worthless.
- ☐ awkward.
- ☐ mocked.
- ☐ rejected.
- ☐ coerced.
- ☐ stupid.
- ☐ unlovable.
- ☐ hopeless.
- ☐ other



I realize now that...

- ☐ I hurt you.
- ☐ I screwed up.
- ☐ It wasn't your fault.
- ☐ There's no excuse.
- ☐ I acted like a jerk.
- ☐ I said mean things.
- ☐ the writing was on the wall.
- ☐ I should have stopped sooner.
- ☐ I embarrassed you.
- ☐ I betrayed your confidence.
- ☐ I bad-mouthed you to others.
- ☐ I shut you out.
- ☐ I pressured you.
- ☐ my requests feel like demands.
- ☐ I scared you.
- ☐ I bullied you.
- ☐ I knew what I was doing.
- ☐ I shifted the blame.
- ☐ I played the victim.
- ☐ I made you feel guilty.
- ☐ I need to slow down.
- ☐ I've gotten out of control.
- ☐ You had every right.
- ☐ I lied to protect myself.
- ☐ I shouldn't have gone.
- ☐ I should have listened.
- ☐ I broke my promise.
- ☐ I betrayed your trust.
- ☐ I knew what I was doing.
- ☐ I made selfish choices.
- ☐ it was manipulative.
- ☐ I need to get help.
- ☐ I need to put you first.
- ☐ I can do so much better.
- ☐ I need to get my priorities back on track.
- ☐ I shouldn't have been surprised.
- ☐ you were right. I shouldn't have been drinking.
- ☐ what I did can't be fixed with an apology.
- ☐ I have a lot of work to do.
- ☐ other

In retrospect, I wish I had...

- ☐ asked for help.
- ☐ admitted I was wrong.
- ☐ been less self-absorbed.
- ☐ told you what was going on.
- ☐ taken a Time Out.
- ☐ asked more questions.
- ☐ listened more closely.
- ☐ shown more appreciation.
- ☐ been there for you.
- ☐ been more flexible.
- ☐ chosen my words more carefully.
- ☐ been more generous.
- ☐ taken your advice.
- ☐ said no right away.
- ☐ removed myself from the situation.
- ☐ used the **Tools** we're supposed to be using.
- ☐ backed you up.
- ☐ stopped before I got into trouble.
- ☐ written it down so I wouldn't forget.

- ☐ spoken up.
- ☐ kept my mouth shut.
- ☐ been kinder.
- ☐ trusted you.
- ☐ been less critical.
- ☐ been more open.
- ☐ been more respectful.
- ☐ been more patient.
- ☐ told the truth.
- ☐ waited to talk in private.
- ☐ been a stronger person.
- ☐ set firm limits.
- ☐ been better at communicating.
- ☐ known how to make things better.
- ☐ been where I was supposed to be.
- ☐ given you what you asked for.
- ☐ been a lot nicer.
- other

Thanks for listening.

Signed: