



How do you apologize to a friend you hurt or let down?

Cut out the card along the dashed line (6 by about 4 inches). Say one line, then stop and listen. Use your own words when they come.

Apologizing to a friend

1. Go first. Friendships rarely force the conversation.
2. Say what you did, plainly: "I disappeared when you needed me."
3. Say what it cost them, then "I'm sorry." No backstory, no guilt speech.
4. Ask for nothing: "No pressure to reply."
5. Wait. One gentle follow-up after a few weeks, then stop.
6. Prove it with the next kept plan, not a better apology.

More lines from the page

- Dana, I owe you an apology. I disappeared when you were going through the divorce, and you deserved a lot better from me. I'm really sorry. No pressure to reply, I just didn't want another month to go by without saying it.
- When your dad was sick, I went quiet. I told myself you had enough people around you, but I should have shown up. I'm sorry I wasn't there.
- I missed your wedding and I've been avoiding you since because I felt so bad. That's not fair to you. I'm sorry, and I'd love to hear about the day if you'll tell me.
- I told Priya about your fertility stuff, and that was yours to share, not mine. I'm sorry. I won't do it again, and I've asked her to keep it to herself.
- What I said about your job at dinner was a cheap shot, and it was in front of people, which made it worse. I'm sorry. You didn't deserve that.
- I've canceled on you three times since summer, and I can see how that reads. You matter to me, and I haven't been acting like it. I'm sorry. Can I pick a date and actually keep it?
- That makes sense. You don't have to be okay with it yet. I'm here when you want to talk.

If you are afraid of your partner, scripts are not the answer: call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788. In danger, call 911.