



How do I apologize when I don't think I was wrong?

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 when you were right

1. "I'd make the same call, and I won't pretend otherwise."
2. "I'm sorry for how I did it: [the timing, the tone, who heard first]."
3. "I can see it left you [specific effect], and I'm sorry for that."
4. Ask first: "What was the worst part for you?" Then apologize.
5. Never: "I'm sorry you feel that way." Never confess to what you don't believe.
6. If asked to apologize just to keep the peace or stay safe, that is not on you.

More lines from the page

- I'd make the same call about Christmas, and I'm not going to pretend I wouldn't.
- I'm sorry I told Mikkel before I talked to you, and that I did it by text.
- I can see it left you stuck between us during the worst possible week, and I'm sorry for that.
- Before I say anything, tell me what the worst part was for you.
- Was it the decision, or the way you found out?
- What did your mom say when she called?
- I've thought about it, and I can't find what I'd change. But I can see you're hurt, and I don't want to just leave you with that.
- I'm not sorry about the decision. I am sorry this is hard on you, and I want to help with that part.
- You're right that I'm not apologizing for the decision. I'm apologizing for how I did it, and I mean that part completely.
- I don't want to say I was wrong when I don't believe it. That would be a worse apology, not a better one.
- Can we talk about the decision itself separately? I'm open to hearing why you think I got it wrong.

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.