A MAKE-AMENDS PLAN

An Apology You Can See



Think of something you did that cost your partner privacy, time, trust, or ease. Start by listening to how it affected them. Then choose a repair you can carry out yourself.

For example

“I shared the news before you were ready. I’m sorry I took away your choice about who heard it. Would you like me to ask them to keep it private, or would you prefer I leave it with you?”

What happened, and what impact did my partner describe?

My apology for that impact

One concrete amends I can offer, with room for them to decline

A change they could actually see, and when I will follow through

Make the next step visible

“I’ve done what I said I would. Is there anything about how this affected you that you still want me to hear?” Let them decide whether they want to revisit it.

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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