BUILDING TRUST & CONNECTION

A ONE-PAGE APOLOGY BUILDER



What to Say After “I Didn’t Mean It That Way”

“I didn’t mean it that way” may be true. Your partner may still need to hear that you understand what happened to them. Start with one action you can own.

What that can sound like

“I told that story after you asked me to keep it private. I’m sorry I put you on the spot. I won’t tell it again. Would you like me to speak to them, or would you rather I leave it here?”

What did I actually say or do? Be specific.

What impact did they describe? If I’m unsure, what can I ask?

My apology for that impact, in one or two sentences

One way I can make amends, and what I will change

After you say it

Leave room for their answer. You can ask, “What did I miss?” If they want time, carry out the part you already know is yours.

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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