I Believe You're Sorry. I'm Still Hurt.

A sincere apology can matter and the hurt can still be there. Choose the side that fits your experience today. Either of you can ask for more time.

If you were hurt

> *"I believe you're sorry. What I still need you to understand is how alone I felt when everyone laughed. Could you hear that part before we decide what to do?"*

Share as much as you want. You get to choose whether a conversation or more space would help.



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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If you caused hurt

> *"I'm sorry I joined in. I put you in a spot where it felt like nobody was on your side. Is that close, or is there something I still haven't understood?"*

Let the answer change what you understand. Ask what would help, and take responsibility for the action that is yours.

One thing I want to say in my own words

An apology doesn't set a deadline for forgiveness. If the other person wants space, honor it.



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