

ASSERTIVE AND CONNECTING COMMUNICATION

# RELATIONSHIP REPAIR APOLOGY LANGUAGES

HOW TO TAKE RESPONSIBILITY FOR MISHAPS AND APOLOGIZE

Many have heard of the Five Love Languages, an evidence-based platform to understand how we express and receive love. As part of the language system developed by Gary Chapman, PhD, and Jennifer Thomas, PhD is a new skill for relationship repair and resolution, by apologizing with The Five Apology Languages.



Conflict, imperfections, mistakes and mishaps are part of being human. We cannot expect ourselves to be perfect even when we are trying our best not to hurt those we care about. Taking responsibility for wrongdoings and apologizing is an imperative skill for relationship repair.

# THE FIVE APOLOGY LANGUAGES

1

## MAKE RESTITUTION

This apology is accompanied by assurance that you are taking action to make right for wrong-doings.

2

## PLANNED CHANGE

We may doubt the sincerity of an apology if it doesn't have a plan to prevent the situation in the future.

3

## ACCEPT RESPONSIBILITY

For many, all they want is to hear is, "I am wrong." If the apology neglects this, many will not feel sincerity.

4

## REQUEST FORGIVENESS

Some people need to hear the other person literally ask for forgiveness in order to feel assurance of the apology.

5

## EXPRESSING REGRET

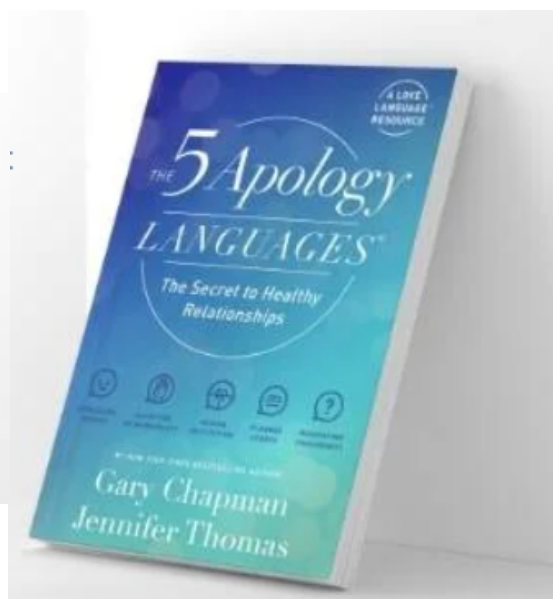
This zeroes in on stating feelings of guilt and shame. However, make sure you aren't taking over-responsibility by shaming yourself (Rescue/Hero Role).



# THE FIVE APOLOGY LANGUAGES

## The 5 Apology Languages®

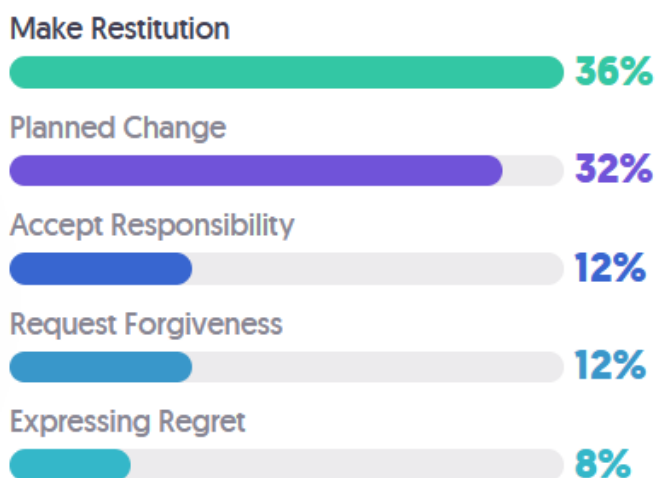
When you've hurt someone, or been hurt yourself, all you want to do is make things right. But sometimes just saying or hearing, "Sorry," isn't enough.



## TAKE APOLOGY QUIZ

UNDERSTAND YOUR APOLOGY LANGUAGE

[5lovelanguages.com/quizzes/apology-language](https://5lovelanguages.com/quizzes/apology-language)



## POWERFUL APOLOGIES

### ALL 5 APOLOGY LANGUAGES IN ONE

Although, it is useful to understand your specific Apology Language, it can be powerfully repairing for you to use all ALL FIVE in your apology to others.