

THE Counseling CONNECTION

St. Hilary School

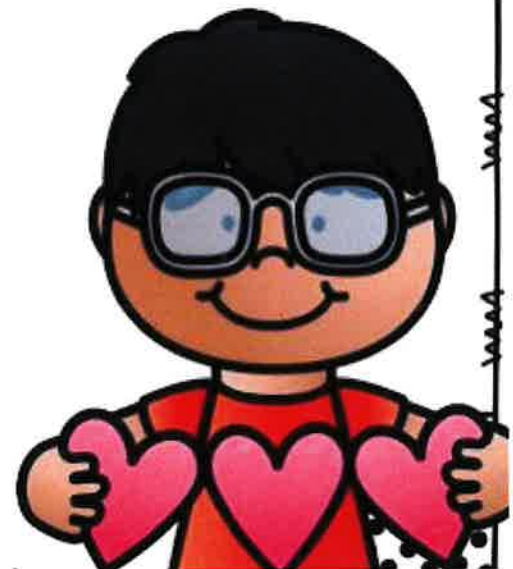
Mrs. Eldred and Mrs. Parisi

Helping Kids Learn How to Make a True Apology

- **Describe what you did in one sentence. No blame, no excuses.**
“I told everyone not to play with you.”
“I called you a mean name.”
“I started a rumor about you.”
- **Describe how your action affected the other person.**
“I know I hurt your feelings.”
“I embarrassed you in front of other people.”
“I made you feel bad about yourself.”
- **Tell the other person what you wish you had done, and what you will do next time to make it right.**
“I wish I hadn’t left you out. Next time I will include you.”
“I wish I had calmed down before we talked. Next time I won’t stay stuff when I’m angry.”
“I wish I had kept your secret. Next time I won’t tell anyone.”
- **Reassure your friend that you will work hard not to do it again and that you feel sorry about what happened.**
“I feel bad about what I did. I will try hard not to do it again. I’m sorry and hope you can forgive me.”

February's Focus: How to Make a True Apology

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"Apologies aren't meant to change the past. They are meant to change the future."

-Kevin Hancock

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How to Make a True Apology

