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Published on January 4, 2021, despite our best intentions and efforts, mistakes are a fact of life. People are prone to mistakes, which is why we are inevitably going to mess up at one point or another, which is why it is so important to learn to apologize. A lot of the slip we do won't have any effect on those around us, but what about times when they hurt someone else, unintentionally or purposefully? Do we ignore the mistake and hope that it will go away on its own? Do we face a mistake, no matter how painful it may be, and apologize? How we respond to our mistakes determines who we are and how others perceive us. I am a voice and presence coach specializing in teaching people to find their voice and tell their truth. One of the most difficult tasks I teach my students is how to apologize authentically. It takes a lot of vulnerability to admit wrongdoing, and even more so to seek forgiveness and make amendments. (After all, we live in a world where some of our top leaders openly avoid responsibility for their mistakes.) However, like everything else in life, if you ignore something painful rather than facing it, this pain tends to grow and appear in other parts of your life. So how do you effectively apologize? Technically, there is no right way to go, but there are many ineffective ways to hold an apology. I'm going to approach this in terms of the fact that we are genuinely remorse and would like to make amends for the pain we have inflicted. Just say the words I'm sorry is easy, but it's important to match the intent behind your words. Apologizing authentically when you've made the mistake of pronouncing remorse - which are grounded in your truth -- is more complicated, and that's what we're going to embrace here. In order to make a real apology, where your words are backed up by your truth and your true emotions, I have a practice presented to me by a friend a few years ago: the Hawaiian ho'oponopono prayer. Now, I am not an expert in the history of this prayer, but having meditated with it for a number of years, I have found that this practice of reconciliation and forgiveness is incredibly powerful. Ho'oponopono means to do the right thing or fix the error. What distinguishes this prayer focuses not on controlling a particular outcome (i.e. healing the abusive relationship you have with that person), but instead focusing on healing yourself to heal the situation. It's deeply simple, and translates as follows: I'm sorry. Please forgive me. Thank I love you. All we need to apologize to is right here in this prayer. Let's break the structure of this apology on these 4 concrete steps before, during and after the apology. Before apologiesStep 1: SorryWhether you regret? Before you start talking and leading from pure emotion, it's important to actually find out what's a pity for you:Start by writing facts when you write this, avoid assigning any judgments or make any assumptions about the person affected by your mistake; really stick to direct facts. Dump the whole situation on the page without leaving any small details.Ex. You struggled with the problem. I responded very clearly to my feedback, and I saw tears form in your eyes. Former. You came to me with a problem. I was responding to an email on my phone and I didn't answer much because I was distracted. I looked up and saw tears in your eyes. You're gone. Write down your part in making this ErrorStick to your contribution only in error. Avoid writing about anyone else, even if they were a factor in you making a mistake. Just focus on what you did, what you know helped create the situation.Ex. I think I gave you feedback that you weren't interested in hearing, and I think my mistake suggested that you would be better off if you heard what I felt I needed to say. Former. I wasn't fully present to listen to you when you were in trouble. I think my mistake kept working on my phone when you talked, instead of saying I needed a moment to finish what I was doing in the first place, or just putting down my phone so I could listen. Ask yourself how you feel grounding yourself in your truthI teach the process to my clients called the Voice Body Communication Process, which begins with grounding yourself in your physical sensations. This process will help you find your voice and tell your truth objectively, even if you are inundated with strong emotions at the moment. Identify the physical sensations you feel about surviving the experience of making a mistake or writing it, tune in to your body, and ask yourself the question: What's the strongest feeling I feel in my body right now? Be sure to keep this body based. As you prepare to apologize, taking note of your feelings will help you ground in how you feel, so you can show up. Identify why you think you feel these feelings, that you have defined your core feelings, ask yourself this question: What do I think is the stimulus that led me to feel this feeling? This is most likely a very simple statement that you have already written about. That's the heart of the matter.Ex. I talked to my friend inappropriately. Former. I ignored my friend when they were in trouble. Define your emotionsE know that you know why you feel these physical sensations, move to determine your emotions. Ask yourself: What are my emotions about having to discover all this? Some basic emotions are fear, anger, sadness, disgust, joy and excitement.Ex. I am sad and disappointed that I have harmed my friend's feelings. Determine your ideal resultYash emotions associated with your desire for a future result. Ask yourself: Do I have any desires related to everything I just noticed? Examples of basic desires are security, bonding/love, and curiosity/growth.Ex. I want to apologize so we can be around and improve our relationship. Make sure you really want to reconnectIf you don't feel safe with that person, there's no reason to apologize and reconnect. However, if you feel safe and comfortable with them and desire to be connected again, then you can proceed with the next step of ho'oponopono prayer. During ApologyStep 2: Please excuse meYo not going to share everything from your process above with your friend. What you are going to share is your recognition of the harm you have caused, your part in creating this situation, and your desire to reconnect. It is also very important to be clear only to tell your truth and not comment on their side. That's their job. You can use this script by filling in the observations you mentioned above:I think &Ia simple statement= about= what= happened=&gt;happened between us ... And I think my mistake was &insert your= part= here=&gt;... And I remained feeling &insert your= emotions=&gt;... and move forward, I would like &insert your= desires=&gt;. Former. I think I gave you feedback that you weren't interested in hearing and I think my mistake suggested that you would be better off if you heard what I felt I needed to say. And I was left sad that I had crossed your borders. Moving forward, what I really want is to apologize, be close to you again, and assure you that I will ask for permission in the future before giving feedback. Former. I wasn't fully present to listen to you when you were in trouble. I think my mistake kept working on my phone when you talked, instead of saying I needed a moment to finish what I was doing in the first place, or just putting down my phone so I could listen. And I was left sad that I hurt your feelings. Moving forward, what I really want is to apologize, be close to you again, and assure you that I need a moment to finish what I am doing so I can attend. Once you've shared it, stop talking about yourself. That's all you had to say to start a conversation. Start listening and be interesting. Ask open questions about their experiences like : How did it feel for you? When you say let them know what you hear, what they say, and you recognize your influence. Step 3: Thank you After you have expressed yourself, leave space to see the impact you have had on the person. Understand that the reaction may not be what you expect or what you hope for. The act of apology is to focus another person's experience, not about focusing on yourself. Now that you've asked another person about their experiences, it's possible that they'll say something you don't want to hear. You may find yourself feeling defensive or even angry. A stressful situation like this can also provoke a fight or flight mode in your body, you can that you start sweating, that your students are narrowing, that your eyes are tearing, or that you are beginning to feel tunnel vision. It's all right. To help &insert&gt; &insert&gt; &insert&gt; &lt;/insert&gt; &lt;/a&gt; &lt;/a&gt; off, get really curious about what their experience was. Don't listen to being right. Listen to be connected and understand. Thank you to them for everything they said and for being in your life. Even if they say something you don't like to hear, thank you to them anyway for sharing the truth of their experiences. It's not an easy thing, but it's a necessary step toward your own healing in ho'oponopono prayer. Moving forward After the apologyStep 4: I love YouLet to say that you are actually in a place where the relationship you have with another person can be repaired. I love you encourages curiosity: how can you repair and reconnect? How can things look different when moving forward? Think about what you can do to reconnect with each other, express and experience your love, gratitude, or respect for each other. Make a plan for how to move forward. Continuing the practice from step 3, make a list of things you are grateful for another person. We don't often stop to share how much we value each other, and it feels so good to share gratitude and gratitude like this to get it. This last part of the prayer is not only for the sake of another person your mistake has touched. It's for you also to make sure you're healing and able to move on from the bug. It is easy for many of us to defeat ourselves and continue to hold on to guilt, or even shame, about the mistake we made, even if we sincerely remorse and tried to make amends. Keep repeating all the Ho'oponopono prayer to yourself after the meeting:I'm sorry, Please forgive me. Thank I love you. Maybe you find yourself apologizing to yourself for hurting yourself unintentionally, too. The bottom line is when we tell our truth as an apology, we will fully appear in our truth without expecting anything else or trying to encourage them to behave in a certain way. While we cannot influence or control the outcome of the apology, whatever repentance we may follow, following Ho'oponopono can guide us toward true repair and healing. If you're stuck on finding the right way to reconnect and apologize to someone in your life, I hope you find yourself inspired to take this first step to make things right. More on how to apologizeSupport photo: Gus Moretta via unsplash.com unsplash.com

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