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Balance the needs of my children and mine, and if he is lucky and I have energy left, that of my husband. I have never been patient. Indeed not as a child, and really not even as an adult. But straddling this pandemic and the waves he made to our routine, semi-predictable, regular mode of operation, he agitated me, frustrated me, and still afraid to drown under the weight of trying to be a good human while trying to stay married to one while raising three. And so I continue to try, day after day, hour after hour, minute after minute, to be calm, full of faith, to lead with love, and trust that I and mine are fully capable of taking a storm that has created a rough sea for us, straddling the drifts, trying to enjoy the adventure, and knowing that we will be absolutely fine because we have each other. There's nothing like a pandemic to highlight where you're imperfect as a parent and as a person. But there's nothing like a pandemic to highlight your resilience. As I said, I may be learning more as we learn from a distance. In fact, I am convinced that is the case. This position comes from the today parenting team, where all members are invited to post and discuss parenting solutions. Learn more and join us! Because we're all at the same time. Email a copy of The Remote Learning Request Offers Opportunities for Small Educational Businesses to a friend who charges ... Published on January 4, 2021 Despite our best intentions and efforts, making mistakes is a fact of life. Humans are prone to error, so we will inevitably spoil it at some point, which is why it is so important to learn to apologize. Many of the slippages we make will not have an impact on those around us, but what about the times when they hurt someone else, either inadvertently or deliberately? Do we ignore the error and hope that it will go away on its own? Do we face the error, however painful, and apologize? The way we react to our mistakes defines both who we are and how we are perceived by others. I am a voice and presence coach specializing in training people find their voice and tell their truth. One of the most difficult tasks I teach my students is how to authentically apologize. It takes a lot of vulnerability to admit wrongdoing, and even more to ask for forgiveness and make amends. (After all, we live in a world where some of our top leaders openly avoid accountability for their mistakes.) However, like anything else in life, if you something painful instead of facing it, as the pain tends to grow and appear in other parts of your life. So how do you apologise effectively? Technically, there is not a single right way, but there are many ineffective ways to apologize. I will address the issue from the point of view that we are really remorseful and that we want to right the damage we have caused. It's easy to just say the words I'm sorry, but it's important to match the intent behind your words. To genuinely apologize when you have made a mistake — to express remorse based on your truth — is more complex, and that is what we will cover here. In order to make a true apology where your words are supported by your truth and your genuine emotion, I refer to a practice that was presented to me by a friend several years ago: the Hawaiian prayer ho'oponopono. Now I am not an expert in the history of this prayer, but after mediating with it for a number of years, I have found that this practice of reconciliation and forgiveness is incredibly powerful. Ho'oponopono means repair or fix an error. What distinguishes this prayer is the emphasis not on controlling a particular outcome (i.e. healing the wounded relationship you have with that person) but rather on healing yourself in order to heal the situation. It's deeply simple, and translates as follows: I'm sorry. Please forgive me. Thank you. I love you. Everything we need to apologize is here in this prayer. Let us break the structure of these excuses in these 4 concrete steps for before, during and after the apology. Before ApologyStep 1: I'm sorry What are you sorry for? Before you start talking and directing pure emotion, it's important to really understand what you're sorry for: Start by writing the facts/When you write this, avoid attributing judgments to the script or making assumptions about the person affected by your mistake; really stick to the right facts. Throw the whole situation on the page, not leaving out all the little details.Ex. You were dealing with a problem. I answered very frankly in my comments, and I saw tears forming in your eyes. E.g. You came to me with a problem. I was replying 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. Note your part in making this mistakestick to your contribution to error only. Avoid writing about someone else, even if they were a factor in making you make the mistake. All you have to do is about what you've done that you know helped create the situation.Ex. I think I gave you comments that you weren't interested in hearing, and I think my mistake was to assume that you would be better off if you heard what I felt I needed to say. E.g. I wasn't quite there to listen to you when when were in distress. I think my mistake was to keep working on my phone when you were talking, instead of saying I needed a moment to finish what I was doing first, or just put down my phone so I could listen. Ask yourself how you feel when you're grounding in your truthI teach my clients a process called the process of connecting the vocal body, which begins with you angering 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 right now. Identify the physical sensations you feel Now that you have relived the experience of making the mistake by writing it, tune yourself into your body, and ask yourself: What is the strongest feeling I feel in my body right now? Make sure you keep this body based. As you prepare to apologize, taking note of your feelings helps you anger yourself in the way you feel so that you can introduce yourself. Identify why you think you feel these sensationsNow that you have identified your primary sensations, ask yourself: What, in my opinion, is the stimulus that led me to feel this sensation? It is probably a very simple statement that you have already referred to. That is the heart of the matter.Ex. I spoke inappropriately to my friend. For example, I ignored my friend when they were in distress. Identify your emotionsNow that you know why you are feeling these physical sensations, move to identify your emotions. Ask yourself: What are my emotions about seeing all this? Some primary emotions are fear, anger, sadness, disgust, joy and excitement.Ex. I am sad to have crossed the boundaries of my friend.Ex. I feel sad and frustrated to have hurt my friend's feelings. Identify your ideal resultIf your emotions are related to your desire for a future result. Ask yourself, Do I have desires related to everything I have just noticed? Examples of fundamental desires are safety, comfort, bond/love, and curiosity/growth.Ex. I want to apologize so that we can be close again and improve our relationships. Make sure you actually want to reconnect if 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 move on to the next step of ho'oponopono prayer. During ApologyStep 2: Please forgive me/You are not going to share everything about your above process with your friend, that you will share is your recognition of the harm you have caused, your role in creating this situation, and your desire to reconnect. It is also very important to be clear about only telling your truth and not commenting on their side. That's their job. You can use this script by filling in the observations you noted above! think a simple statement about what happened between us ... And I think my mistake was 'insert your' part here... And I was left feeling 'insert your' emotions... and moving forward, I would like to be to 'insert your' desires. E.g. I think I gave you comments that you weren't interested in hearing, and I think my mistake was to assume that you would be better off if you heard what I felt I needed to say. And I'm sad to have crossed your boundaries. To go forward what I really want is to apologize, be close to you again, and make sure I will ask permission in the future before giving comments. E.g. I wasn't quite there to listen to you when you were in distress. I think my mistake was to keep working on my phone when you were talking, instead of saying I needed a moment to finish what I was doing first, or just put down my phone so I could listen. And I feel sad that I hurt your feelings. To move forward with what I really want is to apologize, to be close to you again and to assure you that I will be more present in the future, or to tell you that I need a moment to finish what I am doing to be present. Once you've shared this, stop talking about yourself. That's all you had to say to start the conversation. Start listening and be curious. Ask open-ended questions about their experience like What did it do to you? When you speak, let them know that you hear what they are saying and that you recognize your impact. Step 3: Thank you/After you have spoken, leave space to see the impact you have had on the person. Understand that the reaction may not be what you expect or hope for. The act of apologizing is to focus the other person's experience, not to focus on yourself. Now that you have asked the other person about their experience, it is quite possible that they will say things you do not want to hear. You may feel defensive or even angry. A stressful situation like this can also trigger the Fight or Steal mode in your body: you may notice that you are starting to sweat, your pupils are shrinking, your eyes are tearing, or you are beginning to experience tunnel vision. All of this is normal. To help avoid this, to become really curious to know what their experience has been. Don't listen to you be right. Listen to be connected and to understand. Thank them for everything they have said, and for being in your life. Even if they say something you don't like to hear, thank them for sharing the truth of their experience. It's not a thing to do, but it is a necessary step towards your own healing in prayer ho'oponopono. Moving forward after The ApologyStep 4: I Love You/Let say you are actually in a place where the relationship you have with the other person can be repaired. I love you encourages curiosity: how can you repair and reconnect? If/insert can things look different from moving forward? Think of something you can do to reconnect with each other, to express and experience your love, appreciation or respect for each other. Make a plan to move forward. Continuing the practice of Stage 3, make a list of things you are grateful about the other person. We don't stop often to share how much we value each other, and it's as good to share appreciation and gratitude as it is to receive it. This last part of the prayer is not only for the good of the other person that your mistake has affected. It's for you too, to make sure you heal and able to pass from the error. It is easy for many of us to fight and continue to cling to the guilt, even shame, of a mistake we have made, even though we are sincerely remorseful and have tried to make amends. Continue to repeat all the prayer ho'oponopono to yourself after the meeting: I'm sorry. Please forgive me. Thank you. I love you. Maybe you'll find yourself apologizing to yourself for inadvertently hurting yourself, too. The essential/When we talk about our truth as excuses and show ourselves fully in our truth without expecting anything from the other person or trying to encourage them to behave in a certain way. Although we cannot affect or control the outcome of the apology, no matter how repentant we are, following the Ho'oponopono can guide us towards true repentation and healing. If you've been stuck on looking for the right way to reconnect, we show apologize to someone in your life, I hope you'll find yourself inspired to take that first step to get it right. More news on: Photo credit: Gus Moretta via unsplash.com unsplash.com

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