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How to make amends without apologizing

Picture: Suzy Hazelwood (Pexels)The apology heard can be difficult; admitting that you were wrong requires introspection, humiliation, being vulnerable. But the inattention of the person who accepts the apology too often exacerbates an already uncomfortable situation. Redditor u/shakakhon posted in r/LifeProHacks on the worst way to react to excuses:If you are in an argument with someone and admit they have made a mistake, do not belittle or rub your nose into it. This can lead people to dig into false beliefs out of misplaced pride or the hope of saving face. It takes courage to admit when you're wrong and you shouldn't be looked down on. Don't be a sore winner! If anyone has admitted that they were wrong, it's a time to reward them. Of course, it's easier said than done. Here are some ideas on when and how to accept an apology so that the conflict is resolved in a healthy way. Decide if you really accept their apology There are many degrees of disagreements and wrongdoing. Some offenses can't really be ironed out with excuses, maybe this person did the same thing over and over again for a long time and didn't change their behavior. Maybe what they did this time was so bad that it changed the way you feel about them forever. Perhaps the apology is bad, and the apology is not taking full responsibility for their actions. If you really can't accept the apology, don't pretend to do it while you keep simmering with resentment. There are some situations where it can be difficult or impossible to refuse excuses, such as in a work environment scenario. But in your personal life, you have no obligation to accept a lukewarm I'm sorry. The apology is a step towards repairing a relationship. If it's not a relationship you want, let her go. Understanding one's vulnerabilityMistakes usually occur in the wake of tumultuous feelings; you warmed up, they warmed up. Even though I'm right, I find that I often feel embarrassed when it's time to dry. It's partly because I was showing how much I cared about something during the conflict. It's easy to feel vulnerable when we're emotional, and feeling vulnerable can make us lash out further, even in response to someone's efforts to fix things. We can be involved in being conceited, a powerful feeling: you're right! Maybe you don't want to let go of this position. If you find yourself reacting negatively to sincere excuses, recognize to yourself the ways in which it makes you feel vulnerable. This could help you figure out if you're still mad at the other person, or just afraid of your feelings. Give yourself time If you're really angry about something, say No big deal! minimizes your feelings, that will probably appear again later. If you need time after an apology, you can say so. For example, Thank you for your apology, but I need some time and space. Let yourself cool down: I think it's helpful to ask if you can edit or call later. This

way, you don't have to make a great gesture to indicate that you're ready to reconnect. You can just contact and greet him and pick him up from there. In general, if people are making a good-faith effort to repair a wrong, they will understand and back down. If not, well, go back to my first point about whether or not this is a relationship you want to resolve. What else can you say I accept your apology, it's a very formal way of responding to excuses, but that's what we're trained to say. All right, it's also a fairly common (more random) answer, but as we discussed, sometimes it's not good. Here are some ideas on what you might say when you want to accept someone's apology without being fake about how you feel. Some may be more appropriate for friends and family and others for work scenarios: Thank you for saying so. I was angry about ____, and I'm glad you understand that. Moving on. I appreciate your apology. I'm still angry, but I won't be in the end. I understand, everyone makes mistakes. Share your responses in the comments. Admit your part in the topic A times, only one person is completely and totally wrong. More often than not, two people have a conflict in which they both behave like some, but one is a little more one than the other. You can take responsibility for your bad behavior in a fight without making the whole altercation your fault. Tell the apology: Thank you for your apology. I wish you hadn't done ____, it's true, but I also wish I hadn't done ____ . Picture: Rawpixel The best excuses come from a place of true self-reflection and understanding. You did something wrong, you get it because it was wrong, and you want to make a change for the better. This does not mean that the person who hears it will accept your conciliatory gesture. There are times in life when you need someone to accept an apology so you can both go on, but they don't want to. It could be that they don't think your apology is genuine or they don't want to forgive. In some of these scenarios, it's best to be patient, but reddit user u/CyberneticPanda has started a thread about how they try to get right to the point: If you make a mistake, admit the error, apologize, and explain what steps you'll take to prevent it from happening again in the future. It's very hard for people to yell at you if you did. Both professionally and in my personal life, I know a group of people who refuse to admit that they have made a mistake. When I mess up (and we all do it at some point) I own it right away. Accepting responsibility, apologizing and saying what I will do to prevent it from happening again, I not only avoid receiving lesson on whatever he did wrong but i'm also thanked by by by head/friend/anyone. If you messed up, admit it now and say what I'm going to do best in the future. People get so confused by whoever takes responsibility that they'll end up thanking you for your mess. For many of us, the word excuse has become something we pronounce reagently, regardless of whether... Read more! It's a little manipulative? Well, it depends. In work scenarios, taking responsibility is a tactic that doesn't necessarily play on the emotions of friends and family who love you: you're just trying to get through the day and keep your job. There is a hidden danger to this strategy, as u/Ahrotahntee_ wrote: Taking responsibility for errors is one of the traits of a good employee. However! You have to keep in mind that there are situations in every career where you will be faced with something that you could have prevented but it was not directly your responsibility. You need to make sure the problem is something you should apologize for and not attribute yourself to its source: otherwise you will become a scapegoat. There are many things a person can do to prevent those around you from making mistakes; but it is not always your responsibility to mitigate those risks. Basically, be careful to make yourself the problematic child of the office. It's still good advice if you want to move on more than you want to be right. Nothing aggravates a mistake like making the insused party do all the work to make things better. Take the initiative, and you will be much, much closer to forgiveness. You decide which apologist is right. One said, Yes, I regret it. I'm sorry. I shouldn't have said I hate gaypeople. The other said: 'I am ready to take full responsibility for what happened. You can't hurt me any worse than I do right now. The first apology came from Tim Hardaway, a former NBA all-star who told a sports talk show host that he never wanted to play with a gay player because you couldn't trust a player like that. A gay player shouldn't be in the locker room while we [straight players] are in the locker room. The second apology came from NASCAR driver Michael Waltrip, taking responsibility for his racing team using an additive derived from jet fuel during qualifying for the 2007 Daytona 500. Altered fuels are prohibited and considered verboten. Waltrip's team was caught cheating by race officials, and its crew leader was suspended for an indefinite period. So, who was the most sincere? Ironically, the person who made the most hateful comment made the least apologetic comment. But it would seem obvious; people who have hatred in their hearts rarely convert overnight. NASCAR teams are known more than bending the rules when it comes to racing; In fact, five other drivers were caught cheating on this year's Daytona 500. Still cheating on the track must rank as a lesser evil than contesting the dignity of others. An apology is a good thing, but too often the public apology seems to have been scripted to reflect better on the offender than on the person or people who were injured. Therefore, such excuses lose their original purpose: to express pain for an unlawful act. That said, here are some rules to apologize for. Be honest. You have to say what you say or it just doesn't resonate. Hardaway's comments were made in the wake of a public statement and a book by John Amaechi, a former NBA travel player, who was gay. Hardaway's gay-bashing comments were made in fact, as if everyone he knows thinks the same way. Unfortunately, this may be true for some NBA players. On the other hand, Waltrip was genuinely torn apart by his cheating. He said his daughter asked him point-blank why he cheated. It was a question he found too painful to answer. [Source: Associated Press] Admit that what you did is wrong. Hardaway gave a pro forma answer. He has not taken any responsibility for hate speech; seemed more sorry for himself in hot water than for his terrible comments. Instead, Waltrip took the blame. While the actions were taken by others, he made no apologies. In fact, he went out of his way to accept the consequences. You can't be skeptical about Toyota (its automaker). You have to look straight at me. Accept the consequences. Waltrip lost his crew leader for an indefinite period and was penalized with a loss of race points in the overall nascar cup standings. He was also forced to give up his main race car and race with a backup model. Hardaway was dis-invited by the NBA to the annual All-Star Game and banned until further notice from future NBA activities. You're right. Waltrip has promised to avoid cheating in the future. Hardaway admitted he was wrong. The test will be in the action. If Waltrip or Hardaway cross the line again, we'll know they were just pulling one. But you have to give Credit to Waltrip and Hardaway for one thing: neither of them registered in rehab. This was the escape de rigueur for everyone from members of Congress to celebrities who have transgressed the boundaries of society. In doing so, these people sought excuses for their actions by claiming to be in the clutches of drugs or alcohol. At the very least Waltrip and Hardaway possessed up to their mistakes, and this is certainly a step in the right direction. [Note: Hardaway and Waltrip quotes collected from Associated Press stories conducted by CNN/SI.com 2.15.07] [Author wishes to thank author john@johnbaldoni.com • www.johnbaldoni.com www.johnbaldoni.com

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