



## Love letters in the sand movie

Keep up with the latest buzz every day with the BuzzFeed Daily Newsletter! Published on January 4, 2021 despite our best intentions and efforts, making mistakes is a reality in life. People tend to lapse, so we're inevitably going to mess up at one point or another, which is why it's so important to learn how to apologize. A lot of the slippery we do won't have any impact on those around us, but what about the times when they hurt someone else, either inadvertently or objective? Do we confront the error, however that pain can, and apologize? How we react to our mistakes defines both who we are and how we know by others. I am a voice and presence coach who specializes in training people to find their voices and speak their truths. One of the hardest tasks I teach my students is how to apologize genuinely. It takes a lot of vulnerabilities to admit bad things, and even more so to seek forgiveness and make amendment. (After all, we live in a world where some of our top leaders openly avoid taking responsibility for their mistakes.) However, like anything else in life, if you ignore something painful instead of facing it, this pain tends to grow and appear in other parts of your life. So how do you apologize effectively? Technically, there's no one right way, but there are plenty of effective ways to go about excuses. I will approach this from the perspective that we truly are remorseous and want to make fines for the wound we have caused. Simply say the words I'm sorry is easy, but it's important to match the intent behind your words. Naturally apology when you make a mistake—the remorse that falls into the truth—is more complex, and that's what we'll cover here. In order to make a genuine excuse where your words are backed up by your truths and genuine emotions, I refer to a practice presented to me by a friend several years ago: the Hawaiian honopono praver. Now I'm not an expert in the history of this praver, but having pondered with it for a number of years, I've found that this practice of reconciliation and forgiveness is incredibly powerful. Opponono means doing right or renewing an error. What sets apart this praver is the focus is not on controlling a particular result (i.e. healing the relationship having with that person), but rather the focus is on healing yourself in order to heal the situation. It's profoundly simple, and translated as follows: I forgive. please forgive me. Thank you. I like you. All we need to apologize is right here in this prayer. Let's break down the structure of this inexcusable step 4 concrete for before, during, and after the inexcusable. Before the ApologyStep 1: I'm your sorryWhat desolate you start talking to leaders from pure emotions, it is important to actually figure out what you're sorry for: Start by writing down the factsWhen you are writing this out, avoid assigning any judgments in the scenario or making any assumptions about those affected by your mistake; really sticks to the right reality. Dump the whole situation on the page, don't leave out any little details. Ex. You were struggling with a question. I responded very weak in my feedback, and I saw tears in your eves. Former. You came to me with a question. I replied to an email on my phone, and I didn't reply much because I was distracted. I look and see thy tears. You walked away. Write your part to the error of this contribution error only. Avoid writing about anyone else, even if they were a factor in you making the mistake. Simply focusing on what you did that helped create the situation. Ex. I think I gave you feedback that you were not interested in hearing, and I think my mistake was supposed to be the best if you heard what I felt I needed to say. Former. I wasn't completely present to listen to you when you were in disturbance. I think my mistake continued to work on my phone when you were talking, instead we say I needed a moment to finish what I did first, or just put down my phone so that I could listen. Ask yourself how you're feeling by grounding yourself to the truth you teach a process to my clients called the Body Voice Connection Process, which starts with yourself in your physical sensation. This process will help you find your voice and speak your truth objectively, even if you are awash with strong emotions at the moment. Identify your physical sensation SantiNow that you have relived the mistaken experience by writing it out, tune into your body, and ask yourself the guestion: What are the most sensations I feel in my body right now? Be sure to keep this body based on. When you're prepared to apologize, taking note of your sensation helps you yourself in how you're feeling so that you can show up. Identify why you think you're feeling these SensationsNow that you have identified your primary sensations, ask yourself this guestion: What do I think is the stimulus that led me to feel this sensation? This is likely a very simple statement that you already write about. It is the heart of the problem. Ex. I spoke informably to my friend. Former. I ignored my friends when they were in distress. Identify your EmotionsNow that you know why you're feeling these physical sensations, move to identify your emotions. Ask yourself: What emotions are fear, anger, sadness, disgust, joy, and excitement. Ex. I feel sad that I have passed through the limits of my friend. Ex. I am sad and frustrated that I hurt my friend's feelings. Identify your Ideal OutcomeYour emotions tied to your desire for a future result. Ask yourself, do I have desires are security, comfort, bonding / love, and curiosity / growth.Ex. I want to apologize fo us for close again and improve our relationship. Make sure you actually want ReconnectionIf you don't feel safe and comfortable with them and desire to be connected again, then you can proceed to the next step of the oponono prayer. During ApologyStep 2's: Please forgive Meyou won't share everything from your process above with your friends. What you'll share is your recognition of the injury you've caused, your part in creating this situation, and your desire to recoup. It's also very important to be clear about only speaking 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 that has been <a simple=statement=about=what=happened=&gt;... And I think my mistake was &lt;insert your=part=here=&gt;... And I left feeling &lt;insert your= emotions=&gt;... and move forward, I wish is &It;insert your= desires=&qt;. Former. I think I gave you feedback that you were not interested in hearing, and I think my mistake was supposed to be better if you heard what I really want is to apologize, close you again, and make sure I will ask permission in the future before giving feedback. Former. I wasn't completely present to listen to you when you were talking, instead we say I needed a moment to finish what I did first, or just put down my phone so that I could listen. And I left feeling sad that I am hurting your feelings. Moving forward what I really want is to apologize, close to you again, and make sure I'll be more present in the future, or tell you that I need a moment to finish what I'm doing so that I can be present. Once you've shared that, stop talking about yourself. That's all you need to say to get the conversation started. Start listening and be curious. Ask open questions about their experiences like how it felt for you? When you talk, let them know that you hear what they're saying, and you recognize your impact. Step 3: Thank youAfter you've expressed yourself, let the spaces see the impact you've had on the person. Understand that the reaction may not be what you are waiting or hoping for. Zak</insert&gt;&lt;/insert&gt;& asked the other person about their experiences, it is guite possible that they will say things you don't want to hear. You may find yourself feeling defensive or even angry. A stress situation like this can also trigger Flight or Flight Mode in your body: you may notice that you start to sweat, that your students are narrow, which your eyes are watering up, or that you start experiencing sight tunnels. This is all normal. To help stay this cut, get really curious about what the experiences were. Don't listen right. Listen to be connected and understood. Thank them for everything they said, and for being in your life. Even if they say something you don't like to hear, thank them anyway for sharing truth from their experiences. This is not an easy thing to do, but it is a necessary step towards healing your own through the oponono prayer. Move Forward After the ApologyStep 4: I like the YouLet to say you're actually in a place where the relationship you have with the other person can be repaired. I love you to promote curiosity: how can you repair and recoup? How can things look different moving forward? Think of something you can do to recoup one another, express and experience our love, appreciation, or respect for each other. Make a plan for how to move forward. Continue the practice in step 3, make a list of things you are grateful for about the other person. We do not often stop sharing how much we appreciation and gratitude as it is for us to receive it. The last portion of the prayer is not just for the sake of others in your mistakes affected. It's for you as well, to make sure they are healed and able to move on from the error. It's easy for many of us to beat ourselves and continue to hold on to jen, or even shame, about a mistake we made, even if we are truly remorseful and have tried to make amendment. Keep repeating all the oponono prayer in mind after the encounter: I'm forgiven. please forgive me. Thank you. I like you. Maybe you'll find yourself excusing yourself for injuring yourself for injuring yourself inadvertently, too. Below LineWhen we speak our truth as a slavery, we show totally in our truth without expecting anything from the other person or trying to encourage them to behave in a certain way. While we cannot affect or control the inexcusable outcome, however repentant we are, after the opposite cannot guide us to true repair and healing. If you've stuck on finding right ways to recourb and apologize to someone in your life, I hope you'll find yourself inspiring to take that first step to do the right thing. More on How to ApologizeFeatured Photo Credit: Gus Moretta via unsplash.com unsplash.com

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