

## Making a Repair to a Relationship Damaged when Responsibility/Guilt is justified

1. Make public by admitting/taking ownership
2. Apologize for your behavior and specify/validate the adverse impact on the other/the relationship
3. Think through and Commit to specific steps you will take to avoid the same mistake in the future
4. Develop/specify your plan of action to avoid repetition of the ineffective behavior
5. Repair, Correction, Over-correction: Do something to give back to the relationship in the same realm where damage was done, more than what was taken away or damaged to provide for a space for other to forgive.
6. Accept the consequences gracefully. (On *their* time, not yours – including their not wanting to forgive or accept your apology)

## All-the-Way for Forgiveness

7. Forgive yourself.
  - Acknowledge the causes of your behavior
  - Remind yourself that you have taken the proper actions towards forgiveness
  - Practice accepting others' apologies
  - Practice forgiving others
8. Let it go. (Radical Acceptance)