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Despite our best intentions and efforts, published on January 4, 2021, it is a fact of life that we make mistakes. Humans are prone to errors, so we inevitably get confused at some point, so it's very important to learn how to apologize. Many of the slip-ups we make don't affect the people around us, but what about when they inadvertently or intentionally hurt someone else, do we ignore mistakes and hope it disappears alone? The reaction to one's mistakes defines both who you are and how you are perceived by others. I'm a voice and presence coach specializing in training people to find their voice and tell the truth. One of the hardest jobs I teach my students is how to really apologize. Acknowledging fraud requires a lot of vulnerabilities, and even more so to atone for forgiveness. (After all, we live in a world where some of our supreme leaders openly avoid accountability for their mistakes.) But like anything else in life, if you ignore something painful instead of facing it, that pain tends to grow and appear in other parts of your life. So how do you apologize effectively? Technically, there is no right way for anyone, but there are plenty of effective ways to apologize. I'm going to approach this in terms of how we really want to reflect and make amends for the hurt we've caused. It's easy to just say the word I'm sorry, but you have to match the intent behind the word. Truly apologizing when you make a mistake that raises remorse based on your own truth is more complicated and is taken up here. To make a genuine apology that your words are backed up by your truth and your true feelings, I see an exercise introduced to me by a friend a few years ago: Hawaiian Hoo Pono Pono prayers. Now, I'm not an expert in the history of this prayer, but cause I've been meditating on it for years, I've found this practice of reconciliation and forgiveness incredibly powerful. Hooponopono means to get it right or to correct errors. What sets this prayer apart is not to control a particular outcome (i.e., to heal a wounded relationship with this person), but to heal oneself to heal the situation. It is very simple and translates as: Sorry. Forgive me. Thank you very much. I love you. All we need to apologize for is in this prayer. Let's break down the structure of this apology into four concrete steps: before, during, and after the apology. Step 1 before the apology: Sorry, what are you sorry for? Before you start talking out of pure emotion and what you start leading, it's important to actually figure out what you regret: when you're writing this out, try not to assign judgment.Or make some assumptions about the person affected by your mistake. Stick to really straight facts. Dump the whole situation to the page and leave no details. You were suffering from a problem. I answered my feedback very bluntly and I saw a teary shape in your eyes. Original. You came to me with a problem. I was responding to emails on my phone, but I didn't respond much because I was distracted. I looked up and saw tears in your eyes. You walked away. Stick to your contribution to the only mistake you write down your part in making this mistake. Avoid writing about anyone else, even if it was a factor in you making a mistake. Focusing on what you know helped create the situation. I think I've feedback to you that you weren't interested in listening and I think my mistake was assuming you were better off once you heard what I felt I needed to say. Original. I was not fully present to listen to you when you were suffering. I think my mistake was keeping working on my phone when you were talking. Ask yourself how you feel by grounding yourself to your truth I teach my clients a process called the voice body connection process that begins with grounding yourself to your physical senses. This process will help you find your voice and speak your truth objectively, even if you are flooded with strong emotions in the moment. Re-experience the experience of making a mistake by writing it out, tune into your body and ask, What's the strongest feeling I feel in my body right now? Keep this body base. When you are preparing to apologize, paying attention to your senses will help you base yourself on how you feel so that you can show up. Now that you have identified the main sensations that identify why you think you are feeling these sensations, ask the following question: What do you think is the stimulus that has come to feel this feeling? That's the crux of the matter. I told my friend inappropriately. Original. When they were suffering, I ignored my friends. Now that you know why you are feeling these physical sensations to identify your emotions, go to identify your emotions. Ask yourself: What are my feelings about noting all of this? I feel sad beyond my friends' boundaries. I am sad and mortified that I have hurt my friend's feelings. Identifying your ideal results your emotions are tied to your desire for future results. Ask yourself,Do I have desires related to everything I have just noticed? Examples of core desires are safety, comfort, bonding/love, curiosity/growth. I want to apologize so that we can be close.And improve our relationship. Make sure you actually want to reconnect If you don't feel safe with that person, there's no reason to apologize and reconnect. But if you feel safe and comfortable with them and want to be connected again, you can move on to the next step in Hoo Pono Pono prayers. Apologies during step 2: Forgive me you are not going to share everything from the above process with your friends. What you share is acknowledging the hurt you have caused, your part in creating that situation and your desire to reconnect. It is also very important to be clear about speaking only your truth and not commenting on their part. That's what they do. You can use this script by entering the values that you have seen as described above. I think it happened between us.<insert your= part=here=>and I was left feeling <insert your= emotions=>... And moving forward, I <insert your=desires=> original. I think I've feedback to you that you weren't interested in listening and I think my mistake was assuming you were better off once you heard what I felt I needed to say. And I am left with a sad feeling that I have crossed your boundaries. What I really want is to apologize and assure you that I will ask for permission in the future before approaching you again and giving you feedback. Original. I was not fully present to listen to you when you were suffering. I think my mistake was keeping working on my phone when you were talking. And I feel sad that I have hurt your feelings. What I really want is to apologize and get close to you again and tell you that I need a moment to ensure I will be more present in the future or to finish what I am doing so that I can attend. Once you've shared it, stop talking about yourself. That's all I needed to say to start a conversation. start listening, with curiosity. Feel free to ask questions about their experience, such as How did it feel to you? When you speak, let them know that you hear what they are saying and acknowledge your influence. Step 3: Thank you after expressing yourself, leave space to see the impact you have had on that person. Understand that the reaction may not be what you expect or expect. The act of apologizing is not to focus on yourself, but to focus on the other person's experience. When you ask the other person about your experience, it's very likely that you're going to say something you don't want to hear. You may find yourself feeling defensive or angry. Such stressful situations can cause your body's fight or flight mode: you may notice that you start sweating, that your students are narrow, that their eyes are torn, that they begin to experience tunnel vision. This is all normal. To help stop </insert></insert></insert>Off, get really interested in what their experience was. It's right. Listen to be connected and understand. Thank you for everything they said and for participating in your life. Even if they say something you don't like to hear, thank you for sharing the truth of their experience anyway. This is not an easy task, but it is a necessary step towards your own healing with hooponopono prayers. Step 4 forward after the apology: I say you are actually in a place where you can mend relationships with others. I Love You encourages curiosity: how can you repair and reconnect? How will things look different moving forward? Plan how to move forward. Continue the practice in step 3 and make a list of things to thank about your opponent. We don't stop to express our gratitude to each other, and it feels good to share our gratitude and gratitude. This last part of the prayer is not just for the person your mistake affected. It is for you to heal and make sure you can move on from mistakes. Many of us, despite really reflecting and trying to make amends, it is easy to continue to beat ourselves up and cling to guilt, or embarrassment, about the mistakes we have made. After the encounter, keep repeating hooponopono prayers: I'm sorry. Forgive me. Thank you very much. I love you. Maybe you'll find yourself apologizing for inadvertently hurting yourself, too. Bottom line When we speak the truth as an apology, we appear fully in our truth without expecting anything of the other person or trying to encourage us to act in a certain way. We cannot influence or control the outcome of our apology, but no matter how repented we may be, if we follow Hooponopono, we will lead to true restoration and healing. If you are fixated on finding the right way to reconnect and apologize to someone in your life, I hope you will be inspired to take that first step to get things right. More featured photo credits on how to apologize: unsplash via Gas moretta.com unsplash.com

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