



Living Well

Marriage: Apology vs. Defiance



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Check out these websites for more information:

- For more information about the ministry - www.livingwellokc.org
- Photos and writings about the ministry - www.livingwellokc.blogspot.com
- Encouragement/culture on marriage - www.livingwellinmarriage.blogspot.com
- Wisdom Community School - www.wisdomcommunityschool.com

Apology helps....

Fonzie-"Ralph, look, I was wrrrrr."

The Fonz found it impossible to say, "I'm sorry" or "I was wrong."

Some people find it **very difficult to offer an apology** - in any area of their lives, including marriage.

Why not apologize?

For most people it is pride. See the other side for more on that.

Why apologize?

Apologizing means that **you value your relationship more than your ego.**

Offering an apology is a giant step towards reconciliation in a relationship. Hurts can build a wall between two people. **An apology takes a brick off the wall.**

Most people think that saying, "I'm sorry" is enough of an apology.

For an apology to be effective, the person has to **communicate a sincere heart.**



Some guidelines:

1. **I'm sorry for** Be specific. Show that you really understand what they are upset about.

Wrong: *I'm sorry for being mean.*

Right: *I'm sorry for saying that you are lazy.*

2. **This is wrong because....** This is one of the most important parts. Until you understand why it was

wrong or how it hurt someone's feelings, it's unlikely you will change. This is also important to show the person you hurt that you really understand how they feel.

Wrong: *This is wrong because I got in trouble.*

Right: *This is wrong because it hurt your feelings and made you feel bad about yourself.*

3. In the future, I will...

Use positive language, and tell me what you WILL do, not what you won't do.

Wrong: *In the future, I won't get mad.*

Right: *In the future, I will be more patient and try to listen.*

4. Will you forgive me?

You can't make another person forgive you. Forgiveness is their part.

Apology harms....

Ways to ruin the effect of an apology:

- **Being insincere or angry** when offering the apology.

- **Blaming** the other person for your actions.

- **Making an excuse** for what you did.

- **Following your apology with "But..."**

- **Not looking at the person** while you are apologizing.

- **Not changing** your behavior or attitude.

- **Demanding an apology** from the person who hurt you.

(This is different from making your child apologize to another person.)

- **Berating a person** when he offers an apology.

- **Being unwilling to accept the apology and forgive.**

On the reverse side:

PRIDE

HUMILITY