The five basic languages of apology: expressing regret, accepting responsibility, making restitution, genuinely repenting, and requesting forgiveness

Excerpts from When Sorry Isn’t Enough
By Gary Chapman, PhD, author of the bestselling The 5 Love Languages® series. Dr. Jennifer M. Thomas bestselling author, speaker, and psychologist with a doctorate in clinical psychology.
Guidelines for making real apologies:

1. Identify common formats for apology that are “counterfeit”
If you clearly understand various types of bogus apologies, it will help you recognize when you give or receive an one. Here are some examples of common phrasing.

• “Sorry-excuse”
  Example: “I’m sorry I didn’t call-I’ve been really busy.”
  Translation: “Please be understanding about the fact that other things were more important than you.”

• “Sorry-denial of intent”
  Example: “I’m sorry you took it that way. It wasn’t what I meant.”
  Translation: “I think it’s too bad that you had difficulty understanding me correctly.”

  Example: “I’m sorry if I offended you.”
  Translation: “I can’t think of anything I did wrong, but if you think so, I’d be happy to apologize so I can get back in your good graces.”

• “Sorry-blame”
  Example: “I’m sorry I didn’t call sooner. Have you been feeling insecure about our relationship lately?”
  Translation: “If you are upset about my not calling, the real cause is your own insecurity, not anything I did.”

2. Only say “I’m sorry,” when you mean it and can specify exactly what you are apologizing for. When we give a “healthy” or authentic apology, we can state clearly what we did that was disrespectful or inconsiderate without:

• immediately explaining why we did it,
• telling the person that however it looked or sounded, it wasn’t our real intention, or,
• bringing up some other issue that suggests that the other person contributed to or caused the problem.

3. Decline to accept an apology that is not given sincerely. When you accept an apology, and then walk away knowing it wasn’t real, you enter a world of make-believe where you pretend an issue is resolved while harboring resentments. Gently, firmly, without anger.

When you refuse to accept an insincere apology, you refuse to surrender to being manipulated or pacified and you hold the other person more accountable—without having to argue or try to force an apology. You are likely to feel greater confidence.

Excerpts from the book Taking the War Out of Our Words by Sharon Ellison.
The differences in the way you hear apologies, and the way your spouse hears them are pretty common. So what do you do when the person you love doesn’t hear you when you say, “I’m sorry?” In his book *Things I Wish I’d Known Before Getting Married*, Dr. Gary Chapman details five languages of apology that are universal.

One of these apology languages will resonate the most strongly with you. And likely, a different one will resonate more strongly with your spouse.

NEVER say “I’m sorry…but” even if there was wrongdoing on the other side. The “but” nullifies the whole apology. It’s an attempt to excuse your own bad behavior based on their bad behavior. It takes strength and humility but you ALWAYS have a choice over your actions. Be responsible for owning up on your end. God will deal with your spouse separately.

1. **Expressing regret** - This language appeals to the emotions. It indicates that we are aware that we caused pain. “I’m sorry I spoke harshly. I know I’ve hurt your feelings and I’m so sorry for that.”

2. **Accepting responsibility** - This language spells out what was done wrong. “I was wrong to speak to you in that tone. I shouldn’t have reacted like that.”

3. **Making restitution** - This one is all about how to make up. Usually the request will fall in line with that person’s love language. “I can’t believe I reacted that way. Please tell me what I can do to make it up to you.”

4. **Expressing the desire to change behavior** - This one is pretty self-explanatory. “I keep losing my temper and I know that’s not right. I don’t want to repeat this. Can you think of anything that could help make sure this doesn’t happen?”

5. **Requesting forgiveness** – This is where forgiveness has to be requested before the apology is seen as being sincere. “I’m so sorry I spoke harshly and reacted the way I did. I know this hurts you. Will you please forgive me?”

When you’ve hurt someone all you want to do is make things right. Same thing if you’ve been wronged. But sometimes just saying or hearing, “Sorry,” isn’t enough.

Relationships are fragile. And whether fractured by a major incident or a minor irritation, the ensuing emotions can often feel insurmountable preventing the relationship from moving forward or the offended from moving on. In order to make things right, something more than “sorry” is needed.
It’s not just a matter of will, but it’s a matter of how you say, “I’m sorry” that ultimately makes things right with those you love. This will help you discover why certain apologies clear the path for emotional healing, reconciliation, and freedom,

**Expressing Regret:** “Expressing Regret” is the Apology Language that zeroes in on emotional hurt. It is an admission of guilt and shame for causing pain to another person. For those who listen for “Expressing Regret” apologies, a simple “I’m sorry” is all they look for. There is no need for explanation or “pay back” provided the apology has truly come from the heart. “Expressing Regret” is a powerful Apology Language because it gets right to the point.

It doesn’t make excuses or attempt to deflect blame. Above all, “Expressing Regret” takes ownership of the wrong.

For that reason, “Expressing Regret” is understood as a sincere commitment to repair and rebuild the relationship. The “Expressing Regret” Apology Language speaks most clearly when the person offering the apology reflects sincerity not only verbally, but also through body language. Unflinching eye contact and a gentle, but firm touch are two ways that body language can underscore sincerity.

**Accept Responsibility:** It is very difficult for some people to admit that they’re wrong. It makes them doubt their self-worth, and no one likes to be portrayed as a failure. However, as adults, we must all admit that we are sinners and that we will make mistakes. We are going to make poor decisions that hurt our mates, and we are going to have to admit that we were wrong. We have to accept responsibility for our own failures.

For many individuals, all they want is to hear the words, “I am wrong.” If the apology neglects accepting responsibility for their actions, many partners will not feel as though the apology was meaningful and sincere. Many partners need to learn how to overcome their ego, the desire to not be viewed as a failure, and simply admit that their actions were wrong. For a mate who speaks this apology language, if an apology does not admit fault, it is not worth hearing. Being sincere in your apology means allowing yourself to be weak, and admitting that you make mistakes. Though this may be hard to do for some people, it makes a world of a difference to your partner who speaks this language.

**Make Restitution:** In our society, many people believe that wrong acts demand justice. The one who commits the crime should pay for their wrongdoing. A mate who speaks this love language feels the same way towards apologies. They believe that in order to be sincere, the person who is apologizing should justify their actions. The mate who’s been hurt simply wants to hear that their mate still loves them.
There are many effective ways to demonstrate sincerity in an apology. Each mate must learn the other’s love language in order to complete the act of restitution. Though some mates may feel a though all is forgotten with a bouquet of flowers, that may not necessarily work for all mates.

Every mate should uncover what their partner’s main love language is (Words of Affirmation, Quality Time, Acts of Service, Physical Touch, and Receiving Gifts) and use that specific language in order to make restitutions in the most effective way.

**Genuinely Repent:** For some individuals, repentance is the convincing factor in an apology. Some mates will doubt the sincerity of an apology if it is not accompanied by their partner’s desire to modify their behavior to avoid the situation in the future.

It’s important to remember that all true repentance begins in the heart. A mate must feel poorly for hurting their loved one, and rely on God’s help in order to truly change. Admitting you are wrong creates vulnerability. It allows your mate to get a glimpse of your heart. The glimpse of true self is assurance that the apology was sincere.

One important aspect of genuinely repenting is verbalizing your desire to change. Your mate cannot read your mind. Though you may be trying to change inside, if you do not verbalize your desire to change to your mate, most likely they will still be hurt.

Many people have problems with repenting when they do not feel as though their actions were morally wrong. However, in a healthy relationship, we often make changes that have nothing to do with morality and everything to do with building a harmonious marriage.

It is also important to make a dedicated plan for change. Often apologies involving repentance fail because the person never set up steps of action to help ensure success. A person must first set goals for their change. After you create realistic goals, then you can start implementing a plan to change. Taking baby steps towards repentance instead of insisting on changing all at once will increase your chances of successfully changing your ways.

**Request Forgiveness:** In some relationships, a mate wants to hear their partner physically ask for forgiveness. They want assurance that their mate recognizes the need for forgiveness. By asking forgiveness for their actions, a partner is really asking their mate to still love them. Requesting forgiveness assures your mate that you want to see the relationship fully restored. It also proves to your mate that you are sincerely sorry for what you’ve done.
It shows that you realize you’ve done something wrong. Requesting forgiveness also shows that you are willing to put the future of the relationship in the hands of the offended mate. You are leaving the final decision up to your partner – to forgive or not forgive.

Requesting forgiveness is not easy. It often leaves one vulnerable to the fear of rejection. Along with the fear of rejection is the fear of failing. Many people have a hard time seeking forgiveness because it means admitting that you have failed. The only way to overcome this fear is to recognize that it is very common amongst mankind. The commonality makes it okay to be a failure. It allows a stubborn mate to apologize to their partner and become a healthy individual.

Ultimately, it’s important to remember that there is a difference between asking for forgiveness and DEMANDING forgiveness. When we demand forgiveness, we tend to forget the nature of forgiveness. Forgiveness is a choice the offended party is supposed to make. Demanding forgiveness takes away the sincerity of asking for it.

Remember not to treat forgiveness lightly. It is something to be cherished and appreciated. The act of forgiveness is hard on both ends – for the person who’s asking and for the person who’s accepting. Ephesians 4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.