

Spouse Won't Apologize?

Usually people think that when a marriage is in trouble, both parties want to fix it, which isn't always true. Not everyone says they're sorry even if you're convinced they should.

Why?

-> Some people aren't good with making apologies - they're so "bad" at it they make things worse!

-> Some people are unable/unwilling to admit wrongdoing or take responsibility because it makes them feel embarrassed, humiliated, or vulnerable.

-> Subconsciously, some people believe that by admitting they messed up, they're admitting they're a bad person.

-> Others find it hard to say "I'm sorry" because they have issues with their reputation or image...or they're afraid of losing someone's approval (it could be a parent, spiritual leader, boss)...or they're afraid of disapproval, rejection, or consequences.

I'm not saying any of those things are right; I'm just sharing why some people won't say, "I'm sorry." So, instead of saying "I'm sorry," they might ignore the grievance and seek to do better in the future, striving not to repeat the offense.

Or, they might try to apologize with gifts, or helping out with chores.

If any of these scenarios sounds like your spouse, you must learn how to fix your marriage and end conflict even if you don't get the apology you feel you deserve.

Choose your battles...

Many marital problems aren't worth losing your marriage over. Of course, they're still hurtful, but it's up to you to decide what's more important: Winning the argument or being happy.

Put yourself in your spouse's shoes...

If your spouse won't apologize because they're convinced they're right, try to understand where they're coming from. Ask them to share their point of view; and listen. Don't interrupt, minimize, or argue.

Let go of your ego and apologize...

Just because your spouse won't apologize doesn't mean you can't apologize for your part.

Put your ego in timeout, swallow your pride, and work to make things better.

Remember, your apology does NOT absolve your spouse of wrong doing...all it does is allow you to get past your hurt feelings and move on.

Understand your spouse's apology language...

Just because your spouse hasn't said "I'm sorry" doesn't mean he or she hasn't apologized.

Your spouse might believe that buying you a gift, or going out of their way to make things right, is a sincere apology. Understanding your spouse's "apology language" helps you let go despite not getting your ideal apology.

It's impossible for your spouse to apologize for every single mistake they make. But by using the above tips, you can begin fixing your marriage even when you don't get the apology you feel you deserve.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!