

The Best Way to Say I'm Sorry

It's easy to say "I'm sorry" - even when you don't mean it. Sometimes, it is the easiest, laziest way to get out of a sticky situation and keep peace in the marriage.

But "I'm sorry" doesn't constitute a sincere apology.

Husbands and wives can see through each other's lies, so apologizing for the sake of marital peace rarely works.

And saying "I'm sorry" for something that's trivial and insignificant is just plain annoying. Your spouse knows if you're not truly remorseful.

Apology 101 - Know What You Are Apologizing For

Don't rush to apologize if you're not so sure why you're apologizing.

(Perhaps it isn't even something for which you should be apologizing.)

Figure out why your partner is upset and then reference it in your apology.

Timing Is Everything

If you apologize too early, your spouse might not be in an emotional place to sincerely receive your apology because they might still be angry or hurt.

On the other hand, if you wait too long, the apology might seem like an afterthought.

The best time to apologize is after your spouse has had a chance to vent and has calmed down.

Apologize in Person

Use the phone, email or voice mail as last resorts.

When you apologize in person, your body language expresses how sorry you truly are. Also, you'll get a sense for how your spouse really feels about your apology.

Whatever you do, NEVER ask a third party to apologize on your behalf. Although it seems easier, it'll just make things worse.

Take Responsibility

When you apologize, don't minimize the offense, excuse it or cast blame.

Be humble and take full responsibility for your actions.

Regardless of how your spouse may have contributed to the situation, DON'T point out their faults in your apology because it might sound like you're blaming them or are trying to justify what you did.

Your Words Should Match Your Actions

If you're truly sorry, and the offense was genuinely something for which you needed to apologize, then strive to do better in the future by not doing it again.

By repeating the same mistake over and over again, you're telling your spouse that either you don't care, or it isn't important to you; your spouse will feel that THEY don't matter and are not important to you.

A sincere apology goes a long way in diffusing tense situations within a marriage.

An apology is like putting a soothing, healing salve on a painful wound.

For an apology to be authentic, acknowledge your wrong(s), apologize, and make a commitment not to do it again.

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