

## Your Apology Language is **Genuinely Repent**



	<b>Genuinely Repent</b>	<b>40%</b>
	<b>Accept Responsibility</b>	<b>30%</b>
	<b>Expressing Regret</b>	<b>20%</b>
	<b>Make Restitution</b>	<b>10%</b>
	<b>Request Forgiveness</b>	<b>0%</b>

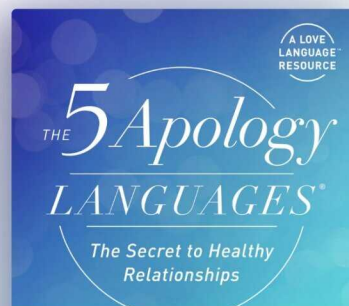
## Genuinely Repent

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. 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.

### The 5 Apology Languages®

The Secret to Healthy Relationships

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.



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