

Your Apology Language is

## Accept Responsibility



	Accept Responsibility	45%
	Expressing Regret	30%
	Genuinely Repent	20%
	Request Forgiveness	5%
	Make Restitution	0%

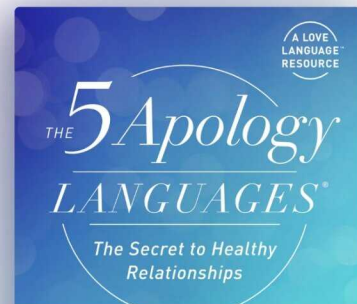
## Accept Responsibility

As adults, we must all admit that we make and will make mistakes. For a mate who speaks this apology language, if an apology does not admit fault, it is not worth hearing. They want 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. Being sincere in your apology means allowing yourself to be weak, and admitting that you make mistakes.

### 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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