

Your Apology Language is

## Accept Responsibility



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

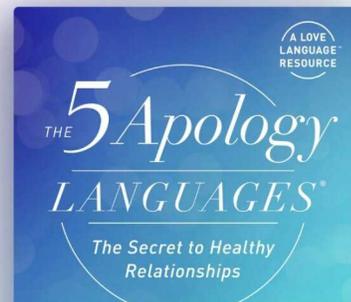
## Accept Responsibility

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.



**NOTE:** Though every effort has been made to create a useful assessment tool for the end user, the authors and publishers make no warranties, express or implied, regarding the accuracy, completeness, timeliness, or usefulness of any information contained or referenced therein. This assessment is not to be used as a substitute for any medical or psychological advice, diagnosis, or treatment of any condition or problem. Users should direct all questions regarding these matters to a licensed clinician. The use of this assessment does not create an express or implied professional relationship. Any actions taken as a result of using this assessment are at the sole discretion of the user, and the author and publishers are not or will not be liable or otherwise responsible for any decision made or any action taken due to the use of this assessment.