

Your Apology Language is
Expressing Regret



	Expressing Regret	36%
	Planned Change	24%
	Accept Responsibility	16%
	Make Restitution	16%
	Request Forgiveness	8%

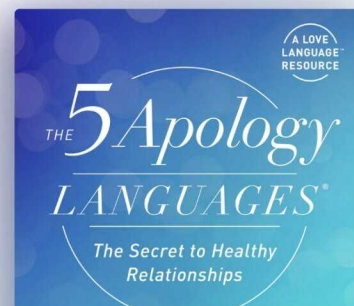
Expressing Regret

“Expressing Regret” is the Apology Language that zeroes in on emotional hurt. It is an admission of guilt and shame for causing pain to another person. For those who listen for “Expressing Regret” apologies, a simple “I’m sorry” is all they look for. There is no need for explanation or “pay back” provided the apology has truly come from the heart.

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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