

Your Apology Language is  
**Expressing Regret**



	<b>Expressing Regret</b>	<b>32%</b>
	<b>Planned Change</b>	<b>28%</b>
	<b>Accept Responsibility</b>	<b>24%</b>
	<b>Request Forgiveness</b>	<b>8%</b>
	<b>Make Restitution</b>	<b>8%</b>

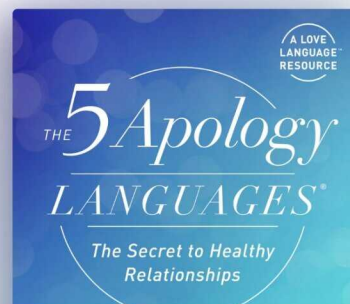
## Expressing Regret

“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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