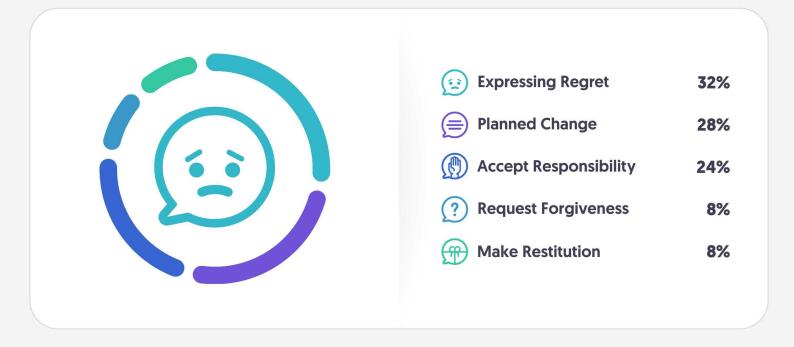
Your Apology Language is

Expressing Regret



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.



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.

