



EPISODE 7 WORKSHEET

The Apologetic Non-Apology

The Apologetic Non-apology (ANA) is a method to create something of a reset with someone following a rift. For the ANA to be sincere, you must believe that you were at least partially at fault for creating the rift. It can work even if you think that your portion of the responsibility was less than theirs. What is necessary is that you can specify a behavior or yours that you regret and want to commit to not doing in the future.

This worksheet will help you prepare to deliver an Apologetic Non-Apology.

To prepare the ANA, answer these questions about the past, present, and future:

Past: What was the topic and setting of the conversation where you thought or did something that was detrimental to connectedness to the other person?

Past: What was your behavior that was unhelpful to connectedness? You can describe it as an action (e.g., I talked over you; I stopped listening to you) or in descriptive terms (e.g., I was condescending; I was very dismissive). Describing it in both ways is OK too.

Present: What is a feeling grounded in vulnerability that you imagine feeling as you bring this up? (e.g., embarrassed, sad, anxious)

Future: What is an honest statement you can make about not doing this again that does not use the word "sorry" or "apologize"? (e.g., "I regret", "I don't want to repeat that", "our relationship does not need that").

Future: What is an experience or perspective question that feels reasonably natural that you might articulate if this situation comes up again. (e.g., If we talk about this again, can I ask you for an experience related to your perspective?)

What and Apologetic Non-apology might look like:

Past: Remember when we had that conversation about January 6? I realize that I was dismissive of your opinion and talked over you a lot.

Present: Even bringing this up now makes me both embarrassed, and a little bit sad.

Future: Going forward if we talk about something like this again, I want to behave differently. Our relationship does not need that type of energy. In the future, is it OK with you if I ask you more questions about your experiences that relate to how you see an issue like that?

Good luck with your attempt at repairing a relationship using best practices!