

How to address and handle an apology.

Seven A's of Confession

1. Address everyone involved
2. Avoid *if, but and maybe* (don't make excuses)
3. Admit specifically (both attitudes and actions)
4. Acknowledge the hurt (express sorrow for the way you affected someone)
5. Accept the consequences
6. Alter your behavior (commit to changing harmful habits)
7. Ask for forgiveness

Example:
