

# Apologies and Forgiveness

Communication Skills, Module 3

# AGENDA



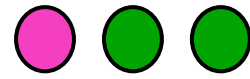
1. Brainstorm individually about a time when someone has hurt you, what was the result?



2. Working independently, choose one of the prompts provided below to write about apologies and forgiveness.



3. Reflect: Do you think it's easier to apologize or to forgive? Why?



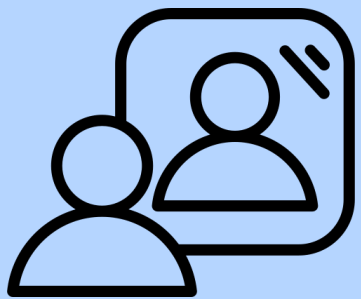
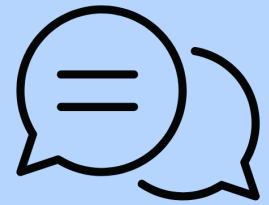
# BRAINSTORM



Think about a time when someone hurt you. What happened? What was the result? What, if anything, could have changed the outcome?







# DISCUSS



Forgive: When we forgive, we can start to heal. Studies show that people who forgive have better mental health and are happier overall. But forgiving isn't easy.

Don't Forgive: When we don't forgive, we start to resent or blame others and could lead to being unhappy overall.



# DIVE IN



## — Admit

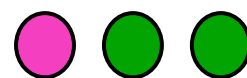
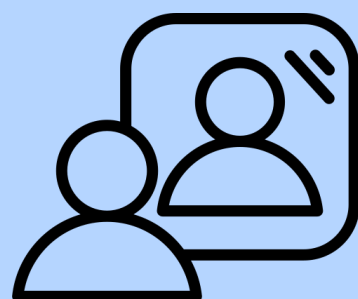
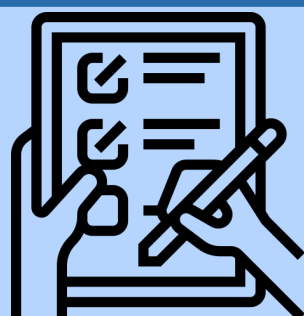
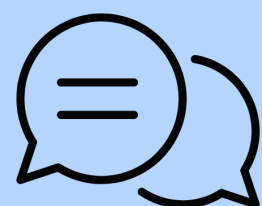
To show accountability for the actions the first step is to admit what was done. For example: “I can tell that what I said really hurt your feelings.”

## — Apologize

To admit that you did something wrong and ask for forgiveness. For example: “I’m sorry that what I said hurt you.” The apology must be sincere. A sarcastic “Sorry!” isn’t enough.

## — Amends

To take steps to correct a mistake or to right a bad situation. For example: “In the future I will think about what I’m going to say before I say it so I won’t use hurtful words.”



# ACTIVITY



Working independently, choose one of the prompts to address in writing:  
Think about some who you have not forgiven. What would it take for you to forgive that person?  
Think about a time you hurt someone else. What could you do to be forgiven?  
Why is apologizing and forgiveness so difficult?  
Is there something that you haven't forgiven yourself for? What can you do to change it?



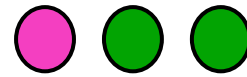
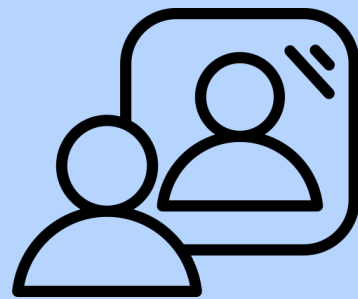
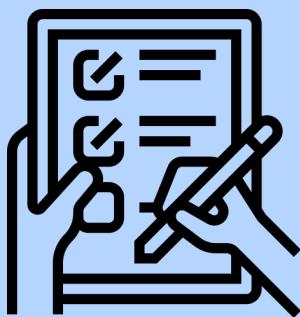
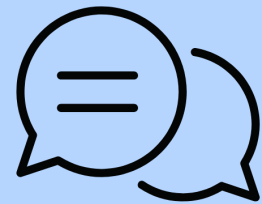
## Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Apologies & Forgiveness

**Reflect:** Choose one of the following prompts and respond to it in writing.

1. Think about some who you have not forgiven. What would it take for you to forgive that person?
2. Think about a time you hurt someone else. What could you do to be forgiven?
3. Why is apologizing and forgiveness so difficult?
4. Is there something that you haven't forgiven yourself for? What can you do to change it?



# REFLECT



Do you think it's easier to apologize or to forgive? Why?

## Guiding Questions

- Are there some things that are unforgivable?
- What does it mean to forgive?
- Is forgiveness a process?
- Is it easier to forgive others than it is yourself?
- What has to happen in order for you to forgive someone?



# Extend & Enrich

Host a Socratic Seminar on one of the following novel about forgiveness:

- The Kite Runner Khaled Hosseini.
- The Shack William Paul Young.
- The Storyteller Jodi Picoult.





# Home Connection



## Home Connection

### Apologies and Forgiveness

Dear \_\_\_\_\_,

I wanted to share with you what your student has been learning about forgiveness and accountability. In today's lesson, we explored the importance of forgiveness in healing from hurt and its positive impact on mental health. We discussed various questions, such as what it means to forgive, whether forgiveness is a process, and whether it is easier to forgive others than oneself. We also talked about what needs to happen for forgiveness to occur and the challenges that come with it.

We introduced the three A's to move forward in relationships when feelings have been hurt: admit, apologize, and amend. Students learned that showing accountability starts with admitting the mistake, offering a sincere apology, and making amends to correct the situation. We emphasized that both forgiveness and apology are processes that can take time and effort to rebuild trust.

To continue this meaningful conversation at home, please ask your student: "What steps can you take to forgive someone or make amends when you have hurt someone?" This can be a great opportunity to discuss the importance of forgiveness and accountability in maintaining healthy relationships.

Please do not hesitate to reach out with any questions or concerns.

Best,

\_\_\_\_\_

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## Professional Development



Take 5 minutes and reflect on your ability to apologize and forgive. Is this an area in which you'd like to improve?







# Further Study

- Edutopia: The Value of a Real Apology: [The Value of a Real Apology | Edutopia](#)
- Forgiveness Project: Educator Resources: <https://www.theforgivenessproject.com/education-resources/>
- Greater Good Magazine: 8 Keys to Forgiveness: [https://greatergood.berkeley.edu/article/item/eight\\_keys\\_to\\_forgiveness](https://greatergood.berkeley.edu/article/item/eight_keys_to_forgiveness)







**Lesson Complete!**

