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## 5 languages of apology test pdf

You may be familiar with Dr. Gary Chapman's Five Love Languages, but do you know about the Five Apology Languages? Just as there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express love to your partner so that they feel loved, there are optimal ways to express loved to your partner so that they feel loved, there are optimal ways to express loved to your partner so that they feel loved, there are optimal ways to express loved to your partner so that they feel loved, there are optimal ways to express loved to your partner so that they feel loved necessarily be as effective when communicating with those whose apology language is among the other four. Let's have a look at each of the Five Apology Languages and understand how they differ. Expressing Regret This apology language requires recognition of the hurt you caused your loved one. Your partner is looking for a genuine, "I'm sorry," which conveys you understand that you caused your partner emotional pain. Accepting Responsibility This apology language requires you to take ownership and responsibility for the wrongdoing. It's important to accept responsibility without offering excuses or justification. Making Restitution If this is your partner's apology language, it's crucial to follow up your apology with something like "How can I make this up to you?" or "How can I make things right between us?". Your partner requires the opportunity to choose what they need to feel whole again. Genuinely Repenting This Apology Language not only offers a genuine apology, but also an expression for how you will make changes to ensure the hurtful action won't be repeated. Those who have this apology language need to hear that their partner is willing to modify their behavior and explain how they will do better in the future. Requesting Forgiveness If this is your partner a sense of control of the remediation. Discover your Apology Language here: If you haven't done so already discover your Love Language and/or your children's Love Languages here: Remember, professional help is always available if you are struggling in your relationships. If you need more information, contact Counseling Works now to schedule an appointment. Written By: Counseling Works What's Your Apology Language? Just as our preferred Love Languages differ, each one of us has a preferred Apology Language that may differ from the people we love. This quiz will help you learn your Primary Apology Language so that you can better understand how to heal hurt in your results at the end for future reference—they will not be saved automatically. Let's get started! Select Your Country United States Afghanistan Åland Islands Albania Algeria American Samoa AndorrA Angola Anguilla Antarctica Antigua and Berbuda Argentina Armenia Aruba Australia Austra Faso Burundi Cambodia Cameroon Canada Cape Verde Cayman Islands Contral African Republic Chad Chile China Christmas Island Cocos (Keeling) Islands Comoros Congo, The Democratic Republic Ecuador Egypt El Salvador Equatorial Guinea Eritrea Estonia Ethiopia Falkland Islands (Malvinas) Faroe Islands Guernasy Guinea Guin India Indonesia Iran, Islamic Republic Of Iraq Ireland Isle of Man Israel Italy Jamaica Japan Jersey Jordan Kazakhstan Kenya Kiribati Korea, Democratic Republic of Kuwait Kyrgyzstan Lao People'S Democratic Repu Madagascar Malawi Malaysia Maldives Mali Malta Marshall Islands Martinique Mauritania Ma Pakistan Palau Palestinian Territory, Occupied Panama Papua New Guinea Paraguay Peru Philippines Pitcairn Poland Portugal Puerto Rico Qatar Reunion Romania Russian Federation RWANDA Saint Helena Saint Kitts and Montenegro Seychelles Sierra Leone Singapore Slovakia Slovenia Solomon Islands Somalia South Africa South Georgia and the South Sandwich Islands Spain Sri Lanka Sudan Suriname Svalbard and Jobago Tunisia Turkey Turkmenistan Turks and Caicos Islands Tuvalu Uganda Ukraine United Arab Emirates United Kingdom United States Minor Outlying Islands, U.S. Wallis and Futuna Western Sahara Yemen Zambia Zimbabwe The Five Basic Apologies (Gary Chapman)Everyone has a PRIMARY Apology language. If you don't express the apology in THEIR particular language, they will question your sincerity! The key is to learn what apology means the person, and speak it when you seek to apologize. Apology Language #1: Expression of Regret" am so sorry" "I feel badly that I have hurt you." Apology Language #2: Accepting Responsibility back on them.)Apology Language #3: Making Restitution"What can I do to make this up to you? What can I do to make this right?" "I value this relationship." Apology Language #4: Repenting or Expressing Desire to Change Behavior"I don't want to do that again. Let's talk so I can find a way to not do this again." "A plan for change." Apology Language #5: Requesting Forgiveness"Will you forgive me?" "Please forgive me"Rank order these choices for yourself and your partner by putting a number (1-5) beside each one. If you change your mind, don't erase, but mark out and put the new number these choices for yourself and pourt more about your past, your \_#1: Expression of Regret #1: Expression of Regret#2: Accepting Responsibility #2: Accepting Responsibility#3: Making Restitution #3: Making Restitution#4: Expressing Desire to Change #4: Expressing Desire to Change#5: Requesting #5: Physical Touching Last week I wrote about the 5 Languages of Love® from Dr. Gary Chapman. I hope you and all your family members (over age 5 yrs.) had a chance to complete his 5 minute questionnaire to determine your primary love language. It's very useful and insightful. In this same workshop, Dr. Chapman talked about the failures in relationships — the times where there needs to be a sincere apology. What Are the 5 Languages of Apology? Dr. Chapman and psychologist, Dr. Jennifer Thomas conducted research to determine the different kinds of apology and created this questionnaire to help us identify our primary language of apology. This is another very useful questionnaire, especially for you and your spouse. (The summary statement that one receives does have Christian references, as both Dr. Chapman and Dr. Jennifer Thomas are Christians, but for non-Christians, it is still very useful and does not need to be interpreted from a religious perspective.) \*Once you complete the 5 minute questionnaire, you receive your results within 2 minutes! Apology Language #1 Expressing Regret "I'm sorry for..." This type of apology accepts responsibility and directly speaks to the emotional hurt that has been caused. It doesn't make excuses or attempt to place blame elsewhere – it is straight to the point with the commitment to rebuild and repair the relationship. This sincere apology is straight from the heart and it also expresses sincerity through body language too – eye contact and touch. Apology Language #2 Accepting Responsibility Some people have a very hard time admitting they were wrong, as they feel inadequate and don't like to be seen as a failure. This language requires the person who has done something wrong, to put the ego aside, and admit that you have made a mistake. This apology must admit to fault in order for the other person to accept it. Apology Language #3 Making Restitution For this apology language, "I'm sorry" or "I was wrong" is never enough and is not accepted as a sincere apology, it is best to ask "How Can I Make This Up to You?" or "What Can I Do to Make This Right?" Knowing the partner's love language would also be very helpful in knowing how to make it up to the person with the most meaningful gesture of love. Apology Language #4 Genuinely Repenting This apology. Then he/she needs to say something such as: "I don't like this about me. Can you help me create a plan to help me do this better in future?" Change is hard but if baby steps of progress are seen, this will increase the chances of successful long-term change. Even if one doesn't feel his/her actions were morally wrong, for the sake of building a harmonious relationship, one needs to put effort into changing his/her actions. Apology Language #5 Request Forgiveness when one asks for forgiveness, they are asking to still be loved and to restore the relationship. In this language of apology, by asking for forgiveness, you are admitting that you've done something wrong and is also very hard for the partner who is accepting. There is always the risk of rejection when one asks for forgiveness, but this is why it takes courage, and why this means more than anything to some people. How Do We Learn to apologize to each other. Children need to hear their parents apologize to them when parents have made a mistake such as raising their voice at them or saying hurtful words. "What's most important is what you do after what you do after what you do after what you have done" ~ Dr. Gary Landreth, Child Psychologist and Play Therapist Interestingly, Dr. Chapman has found that 10% of the population don't apologize – mostly men, and he says they learned this from their fathers. It's time to break this cycle! The Two Most Important Factors for A Long-Term Healthy Marriage 1) Feeling loved and appreciated (especially if it is conveyed through one's primary love language) 2) Dealing effectively with failure - there are no perfect parents, husbands nor wives, therefore it's essential to deal effectively with your failures. I truly believe this is one of the most important life lessons for our children. To be able to teach them these five different ways is a gift they will always carry with them, because we all make mistakes, or for people who have a different apology language, it's important to know the other four ways of apologizing. I hope this information will help you with any re-pairing you may need to do. If you found this article helpful, please help spread the word by sharing with your friends and family. Warmly, My 6 Top Apps for Creating More Calm for You and Your Children!