

Start Here

Should you apologize?

You can't hold anyone accountable!
Set a boundary

Set a boundary

Forgive yourself for not putting your needs first,
then set a boundary

Explore your attachment to external outcomes and
set a boundary

Don't apologize then

Apology is about taking responsibility for your actions, not displacing blame

Who are you apologizing to?

Are you trying to hold them accountable?

Are you just upset and want an apology from them?

Did they harm you in the past?

Are you expecting a certain reaction out of them?

Do you *actually* want to apologize?

Is someone or something to blame?

Are you taking responsibility for what you did?

Set a boundary

Don't bother, maybe set a boundary

Do you feel guilt, shame, or regret about the situation?

Probably best to hit the brakes

Do you feel uncomfortable, scared, or vulnerable?

Are you actually feeling unsafe, or is it just discomfort?

Is this someone you want to continue to be in relationship with?

Was a known boundary crossed or pushed on?

Are you committed to changed behaviour?

Has someone let you know you wronged them?

Apologize!

