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The top ten reviews are supported by his audience. When you buy through links to our site, we can earn affiliate commissions. Learn more from Evan Kypreos Deal Big to save on high quality products. Published on 4 January 2021 Despite our best intentions and efforts, making mistakes is a fact of life. People are prone to error, so we are inevitably going to mess at one time or another, so it is so important to learn to apologize. Many of the slip ups we do will have no effect around us, but what about those times when they hurt someone, either accidentally or purposefully? Are we ignoring the mistake and hoping that it will disappear alone? Are we dealing with a mistake, no matter how painful it may be, and apologies? How we respond to our mistakes defines both who we are and how we are perceived by others. I am a voice and presence coach specializing in teaching people to find their voice and speak their truth. One of the most difficult tasks I teach my students is how to authentically apologize. There is a need for a great deal of vulnerability to acknowledge violations, and to further seek forgiveness and make changes. (After all, we live in a world where some of our top leaders openly shy away from taking accountability for their mistakes.) However, like anyone else in life, if you ignore something painful and do not face it, that pain tends to grow and appear in other parts of your life. So how do you apologize effectively? Technically, there is no one correct way, but there are many ineffective ways to apologize. I would like to appeal to this from the perspective that we are truly compassionate and willing to make changes due to the hurt we have caused. Just saying the words sorry is easy, but it is important to reconcile the intentions of your words. Authenticate when you make a mistake — to pronounce pity that is based on your truth – is more difficult, and that is what we will cover here. In order to make a real apology when your words are in support of your truth and your true emotion, I refer to the practice introduced to me by a friend a few years ago: hawaiian Ho'oponopono prayer. Now I'm not an expert in this prayer history, but for a few years meditated on it, I found that this practice of reconciliation and forgiveness is incredibly powerful. Ho'oponopono means to make the right or correct the error. What distinguishes this prayer is not the focus on controlling a particular result (i.e. the healing of the painful relationship that you have with this person), but the focus is on self-healing to heal the situation. It's very simple, and translates as follows: Sorry. Please, I'm sorry. Thanks. I love you. All we need to apologize for is here in this prayer. Let us split the structure of this apology into these 4 specific steps before, during and after the apology. Before ApologyStep 1: I'm SorryWhat's Sorry for? Before and leading from pure emotions, it is important to really find out what you apologize for:Start writing factsWhen you write this, avoid assigning any decisions to the script or making assumptions about the person affected by your mistake; really stick to straight facts. Dump the whole situation on the page without leaving any details.Ex. You have struggled with the problem. I responded very directly to my feedback, and I saw a form of tears in your eyes. Ex. You came to me with a problem. I replied by email to my phone, and I did not answer much because I was distracted. I saw and saw tears in your eyes. You're gone. Write down your part to make this ErrorStick in your contribution to the error only. Avoid writing about something else, even if they were a factor you make a mistake. Just focus on what you did that you know helped create the situation.Ex. I think I gave you feedback that you weren't interested in hearing, and I think my mistake was assuming that you would be better off if you heard what I felt I needed to say. Ex. I didn't fully introduce myself to listen to you when you got into a disaster. I think my mistake was to continue working on my phone when you talked rather than saying I needed a moment to finish what I was doing first, or just putting on my phone so I could listen. Ask yourself how you are feeling grounding yourself in your Truth! to teach a process to your clients called the Voice Body Connection Process, which begins by grounding yourself in your physical senses. This process will help you find your voice and objectively speak your truth, even if you are currently flooded with strong emotions. Identify the physical sensations you feelNow that you have revived the bug by writing it, adjusting it into your body and asking yourself the question: What is the strongest sensation I feel in my body right now? Be sure to hold this body. When you are about to apologize, paying attention to your senses, you can ground yourself in how you feel that you can appear. Determine why you think you are feeling these sensationsNow that you have identified your main sensations, ask yourself this question: What do I think is the stimulus that led me to feel this sensation? This is probably a very simple statement that you've already written about. That's the point of business. Ex. I ignored my friend when they got into distress. Set your EmotionsNow so that you know why you feel these physical sensations, move to fix your emotions. Ask yourself: What are my emotions about how to see it all? Some primary emotions are fear, anger, sadness, disgust, joy and excitement.Ex. I feel sad that I have crossed the boundaries of my friend.Ex. I feel sad and disappointed that I hurt my friend's feelings. Determine your ideal scoreYour emotions are tied to your desire in the future. Ask I have any desires about everything I just noticed? Examples of basic desires are safety, comfort, bonding/love and curiosity/growth.Ex. I want to apologize so that once again we can be close and improve our relationship. Make sure you actually want to reconnect If you don't feel safe with that person, there's no reason to apologize and reconnect. However, if you feel safe and comfortable with them and want to reconnect, you can proceed to the next step in ho'oponopono prayer. Through ApologyStep 2: Please forgive MeYou for not going to share everything from your process above with your friend. What you are going to share is your recognition hurts you caused, your part in creating this situation, and your desire to join again. It is also very important to say clearly only about your truth and not to comment on their side. That's their job. You can use this script to fill in the above notes:I think &a simple= statement= about= what= happened=>that happened between us ... And I think my mistake was &insert your= part= here=>... And I was left feeling &insert your= emotions=>... and moving forward, I would like to be &insert your= desires=>. Ex. I think I gave you feedback that you weren't interested in hearing, and I think my mistake was assuming you would be better off if you heard what I felt I needed to say. And I left feeling sad that I crossed my limits. Move forward with what I really want to apologize for, to be close to you again, and assure you that I will ask for permission in the future before giving feedback. Ex. I didn't fully introduce myself to listen to you when you got into a disaster. I think my mistake was to continue working on my phone when you talked rather than saying I needed a moment to finish what I was doing first, or just putting on my phone so I could listen. And I left feeling sad that I hurt my feelings. Moving forward is what I really want, it's to apologize, be close to you again, and assure you that I'll be more involved in the future, or tell me that I need a moment to finish what I'm doing so I can be. When you share, stop talking about yourself. That's all you need to say that the conversation started. Start listening and be curious. Ask open-ended questions about your experience, such as how does this feel for you? When you speak, let them know that you hear what they say and you recognize their effects. Step 3: Thank youAfter you expressed yourself, leave room to see the impact that the person had. Understand that the reaction may not be what you expect or expect. The act of apology is about centering another person's experience, not on how to focus on yourself. Now that you have asked another person about his experience, it is quite possible that they will tell you what you do not want to hear. You may find yourself feeling defensive or even angry. Stressful situation like this so may be caused by Fight or flight&insert> &insert> &insert> &a> &a> Your body: You may notice that you are sweating, that your students are narrowing, that your eyes are tearing, or that you are beginning to experience tunnel vision. It's all normal. To help stave off this off, get really curious about what their experience was. Don't listen to be right. Listen to be connected and understand. Thank you to them for everything they said and for being in your life. Even if they say things you don't like hearing, thank them anyway for sharing the truth of your experience. It's not an easy thing to do, but it's a necessary step toward your treatment of Ho'oponopono prayer. Moving Forward After ApologyStep 4: I Love YouLet's says that you are actually a place where the relationship you have with another person can be repaired. I love you driven by curiosity: how can you fix and reconnect? How can things look different moving forward? Think about what you can do to reconnect with each other, express and experience your love, appreciation, or respect for each other. Plan how to move forward. As you continue your practice from step 3, write a list of things for which you are grateful for another person. We don't often stop to share how much we value each other, and it feels so good to share the gratitude and appreciation of how it is to get. This last part of prayer is not just for the benefit of another person affected by your mistake. It's up to you too to ensure that you are healing and able to move on from the bug. It's easy for most of us to beat ourselves and continue to hold on to guilt, or even shame, about the mistake we made, even though we were really compassionate and tried to make changes. Continue to repeat all ho'oponopono prayer to himself after the encounter: Sorry. Please, I'm sorry. Thanks. I love you. Perhaps you'll find yourself sorry for hurting yourself by accident as well. EssenceWhen we speak our truth as an apology, we completely appear in our truth, not expecting anything from another person or trying to encourage them to behave in a certain way. While we cannot influence or control the results of the apology, no matter how repenting we are, after Ho'oponopono can help us with true repair and healing. If you have been stuck to find the right way to reconnect and apologize to someone in your life, I hope you will find yourself inspired to take that first step to make things right. More credit on How to ApologizeFeatured photo: Gus Moretta via unsplash.com unsplash.com

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