

## Ten Tips to Remember in Apologizing to Your Young Adult

1. It is never too late to apologize to your young adult. Why wait?
2. As parents we all make mistakes. We are not alone. If a convention were to be held for perfect parents, no one would attend.
3. An apology consists of a sincere statement of regret (saying “I’m sorry”) for a mistake or action that was experienced as harmful to your young adult.
4. Apologizing is not for wimps! It takes courage, strength, vulnerability, humility, and a willingness to be first.
5. Apology admits mistakes, says I care, models honesty and empathy, and contributes to a better you and a healing of the relationship.
6. Apologizing as a parent sets our young adult free. It says to them: it was my fault, not yours. It can melt away longstanding blame, hurt, and resentment the young adult may be harboring.
7. There is a right way to apologize—show regret or remorse, take responsibility, offer to repair, and promise change.
8. There is a wrong way to apologize—saying I’m sorry but or if; I’m sorry you feel; I’m sorry I didn’t mean it—as well as blanket or partial apologies. Saying I did my best as a parent is not an apology; it’s an excuse.
9. Sorry will change you as a parent by enabling you to let go of the past and how this binds you to the young adult. It is also the first step to forgiving yourself.
10. Sorry may not change your young adult, and an apology sought for this end is not sincere or effective. If nothing changes, never give up for your sake as well as your young adult’s.

For further help with connecting to and understanding your young adult, please consider reading *Apology: The Gift We Give Our Young Adults* available through this website in ebook or print form.