

# Relationship Coaching *Solutions*

## **Apologies**

1. I am sorry for being unavailable
2. I am sorry for being absent
3. I am sorry for putting myself first
4. I am sorry for putting my work first
5. I am sorry for seeming not to care
6. I am sorry for getting angry
7. I am sorry for ignoring you
8. I am sorry for saying mean things
9. I am sorry for being bossy
10. I am sorry for leaving you out
11. I am sorry for making you feel small
12. I am sorry for teasing you
13. I am sorry for being unfair
14. I am sorry for being lazy
15. I am sorry for not being friendly
16. I am sorry for not giving you my time
17. I am sorry for thinking ill of you
18. I am sorry for not doing a better job
19. I am sorry for holding onto old hurts
20. I am sorry for not giving you a chance
21. I am sorry for resenting you
22. I am sorry for being negative
23. I am sorry for burdening you
24. I am sorry for not communicating
25. I am sorry for not being able to love you in the way you needed