



When I Apologise Without Excuses

When I apologise without excuses, I teach my child:



1 Accountability doesn't make you weak



2 An apology doesn't need a defence attached



3 Someone else doesn't have to be blamed



4 Hurt can be acknowledged and repaired



5 Relationships can heal after mistakes



♥ A real apology makes trust grow. ♥

An apology owns the impact.

An excuse hands it back.

They're learning that taking responsibility is safe.

