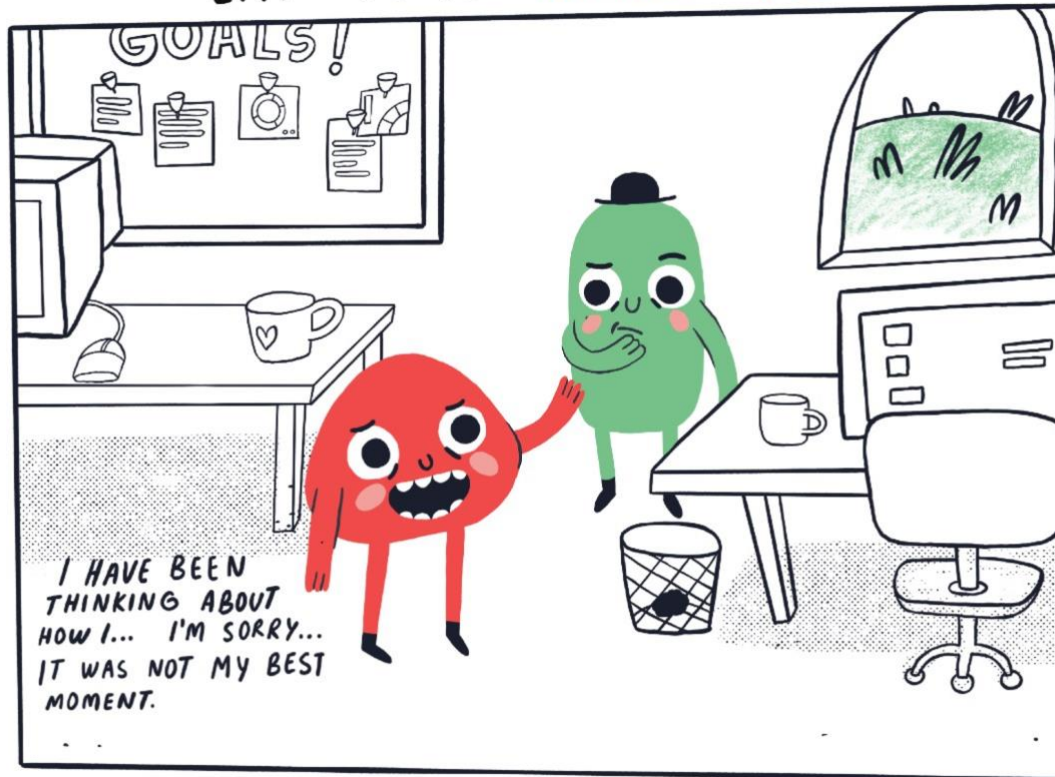


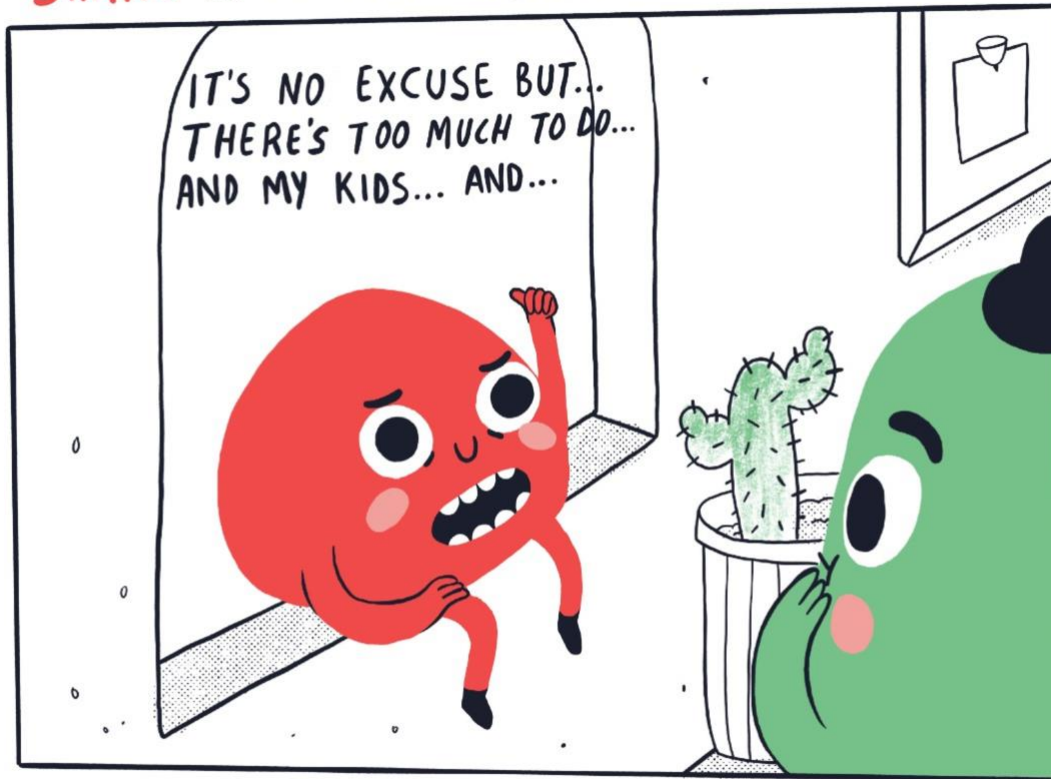
# EAT SOME HUMBLE PIE



IT WILL GO A LONG WAY TO RECOGNISE YOUR WRONGS AND **APOLOGISE.**

This needs to be authentic. Otherwise don't bother.

SHARE WITH THEM WHAT'S GOING ON FOR YOU

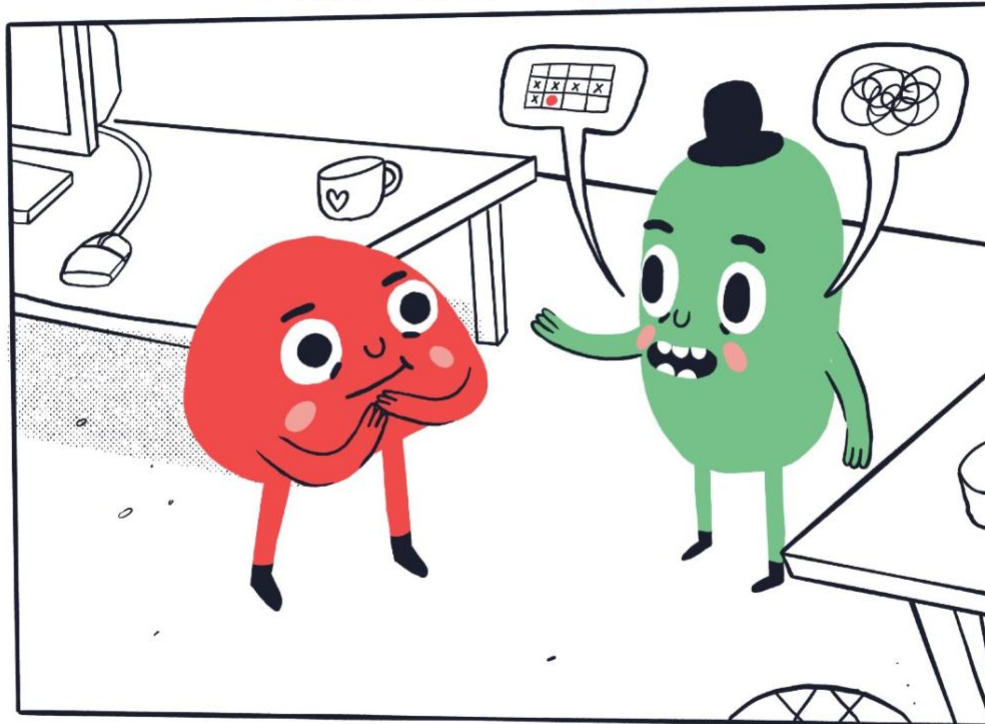


SHOWING VULNERABILITY CREATES COMPASSION

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A powerful opportunity for real human connection and mutual understanding. It is not a way of saying it's not your fault as you are always accountable for your own actions.

THEN KEEP QUIET

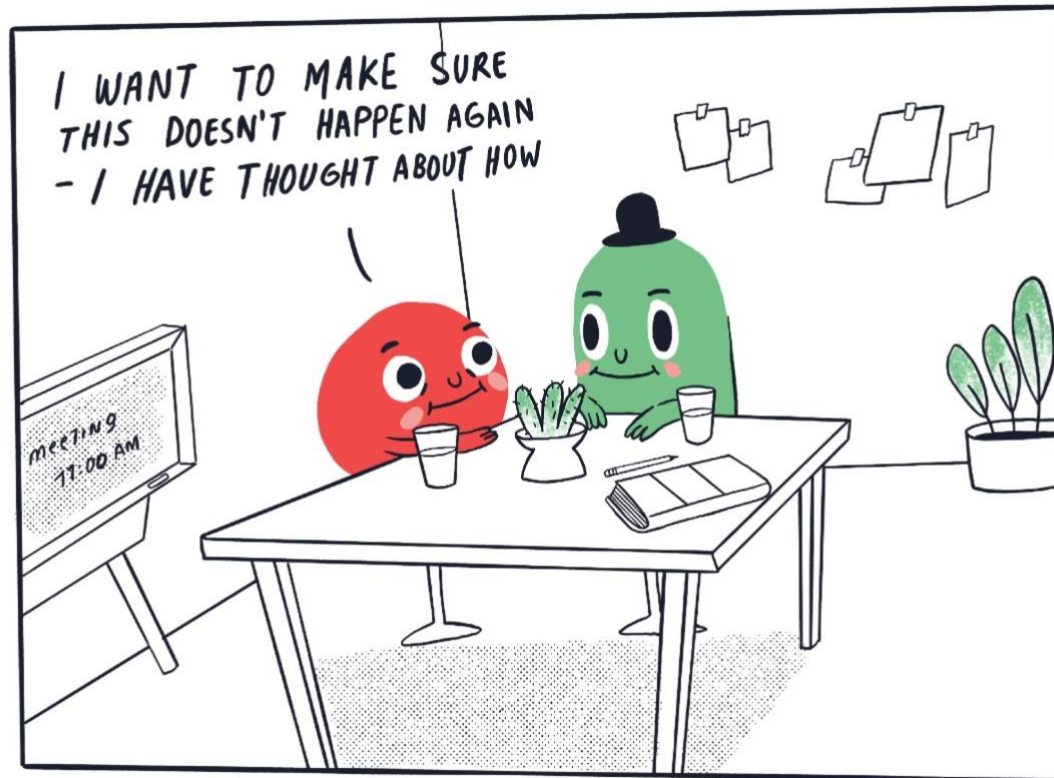


SO THEY CAN TELL YOU MORE ABOUT  
HOW THEY FEEL

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Harder than it sounds and means resisting the urge to say more or to walk away.  
Some nice open questions may help: what, how, why.

THINK ABOUT **HOW TO AVOID** THIS IN THE FUTURE



**SHARE THAT WITH THEM**

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They need to know that you're not just sorry, but also that you will do what it takes (insofar as you can) so you don't find yourselves in that situation again.

IF THEY HAVE A PART TO PLAY,  
HAVE A CHAT ABOUT **WHAT HELPS**



AND **AGREE A PLAN**

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If you want them to change, remember [our tips](#) for raising the issues you have with someone's behaviour. They will likely see the part they play differently so it's key to approach this positively.