

How To Apologize Observation Form 25

[Relationship Skills & Healthy Relationships](#)

Using the scale below, how successful were they in using the apology skills?

1-----2-----3-----4-----5
 Not Successful Somewhat Successful Very Successful

NA = Not Appropriate or Not Necessary For The Situation

	Name	Name	Name	Name	Name
Invited Them Into the Conversation					
Asked If They Are Upset or Angry With Them					
<u>Used an "I Statement"</u> Stated That They Are Sorry, Regretful, Feel Terrible, etc.					
Specifically Stated What They Said, Did, or Did Not Do					
Said How They Will Be In the Future					
Ended The Conversation on a Positive Note					
What They Said & How They Said It Seemed Genuine					
<u>Avoided Behaviors Such As:</u>					
Justifying their behavior, discounting their feelings, contradicting them, cross examining or blaming them, asking why in an angry tone or interrogating way, or bring their needs and perspectives into the conversation, apologizing for their feelings. List them.					