

|                                                  |
|--------------------------------------------------|
| <b>02/02/09 - Do's And Don'ts Of Apologizing</b> |
|--------------------------------------------------|

If you want your relationship to sustain then you need to know the secret behind apologizing. It is not enough that you say sorry but there are a lot of things that work along with it which will bind your relationship firmly. Many refuse to apologize because their ego gets in the way. But if you value your partner then you must go for it.

Here are some tips to make apologizing easier and meaningful.

- 1) Do not make excuses and play the blaming game. Soften the apology with food, flowers or even a meaningful card.
- 2) Do not be judgmental when the partner is having a hard time accepting the apology.
- 3) Give the person time. If they are refusing to accept your apology, try again after few days.
- 4) Do not be defensive. Accept your mistakes.
- 5) If you are living together, then give your partner some space. He/she will be more willing to hear once they have calmed down.
- 6) Accept whatever the partner has to say openly.
- 7) Do not attempt to hug and kiss the person unless he/she says so. Make up sex is not instant.

Simple and yet some meaningful actions can reduce the hurt and pain in a relationship. Make a note of your mistakes so that similar situation doesn't arise again. Nurturing the warmth and tenderness of a relationship develops with time, so keep the faith.

©LoveBlog, 2007-2008. All Rights Reserved.