

# ■ Communicate Responsibly – Week 10 ■

## When You Don't Get the Apology You Wanted

**What You Might Be Feeling:** Hurt, frustrated, disrespected, unseen.

**What NOT To Do:**

- Demand an apology
- Use sarcasm
- Shut down
- Bring up the past
- Force accountability

**What TO Do Instead:**

1. State what happened: When you interrupted me earlier...
2. Express impact: I felt dismissed and frustrated
3. Name need: Being heard is important to me
4. Make request: Can we both make space to finish speaking?

**Mindset Shifts:**

- I can't force an apology
- I can express myself clearly
- My goal is understanding, not control

**If No Apology Comes:**

- Set boundaries
- Adjust expectations
- Protect your energy

**Power Phrases:**

- I want to talk about what happened
- This matters to me
- I'm not looking for blame, just understanding

**Final Reminder:** You don't need someone else's apology to move forward.