Taking Responsibility and Making Apologies

**“A simple analogy for taking responsibility for abuse can be made to taking responsibility for stepping on someone else’s foot: There are many reasons why you might do such a thing – you were in a hurry, you weren’t looking where you were going, or maybe no one ever taught you that it was wrong to step on other people’s feet. But you still did it. No one else – only you are responsible, and it is up to you to acknowledge and apologize for it” - Kai Cheng Thom[[1]](#footnote-1)**

1. Think of a time when you didn’t receive an apology but wanted or expected it. What did it feel like? How did it impact your relationship with that person? Why may they have avoided apologizing?
2. Think of a time when you received an apology that you’d consider a “bad” apology. What did it feel like? Why would you consider it “bad”? How did it impact your relationship with that person?
3. Think of a time when you received an apology that you’d consider a “good” apology. What did it feel like? What made it feel “good”? How did it impact your relationship with that person?
4. What is one key strategy that you can use to improve apologies you make in the future?

This resource is licensed under a Creative Commons license [(CC BY 4.0 License](https://creativecommons.org/licenses/by/4.0/)) which means that you are free to share (copy, distribute, and transmit) and remix (adapt) this resource providing that you provide attribution to the original content creators. You can provide credit by using the attribution statement below.

**Attribution statement:**

[*Accountability & Repairing Relationships Training and Facilitator Guide: Preventing and Responding to Sexual Violence in BC Post-Secondary Institutions*](https://opentextbc.ca/svmaccandrep/)*, Sexual Violence Training Development Team* is licensed under a [Creative Commons Attribution 4.0 International License](http://creativecommons.org/licenses/by/4.0/), except where otherwise noted.



1. Thom, KC. (2016) 9 Ways to be Accountable When You’ve Been Abusive. Retrieved on February 17, 2021 from <https://transformharm.org/9-ways-to-be-accountable-when-youve-been-abusive/> [↑](#footnote-ref-1)