

Name _____

Mending Hearts: How to Apologize and Make Amends

Open-Ended Response Answer Key

1. (Answer may vary) In my experience, I accidentally made a hurtful comment about a friend's appearance. When I saw how upset they were, I realized the impact of my words. I immediately apologized sincerely and offered support. Over time, our friendship grew stronger because I learned to be more mindful of my words.
2. (Answer may vary) In this situation, I would continue to demonstrate my commitment to making amends by consistently showing understanding, respect, and remorse. I would give them space, actively listen to their feelings, and be patient, all while avoiding repeating the same hurtful behavior.
3. (Answer may vary) Self-reflection and personal growth are essential because they allow individuals to understand the reasons behind their hurtful behavior. By recognizing and addressing these underlying issues, people can grow emotionally, become more empathetic, and develop better communication skills, ultimately improving their relationships.
4. (Answer may vary) When someone hurt my feelings and made a sincere effort to make amends, I felt valued and respected. Their actions and apology showed that they cared about our relationship and were willing to take responsibility for their behavior. It positively influenced my perception of them, and our relationship grew stronger as a result.

