

## Making Amends For My Angry Outburst

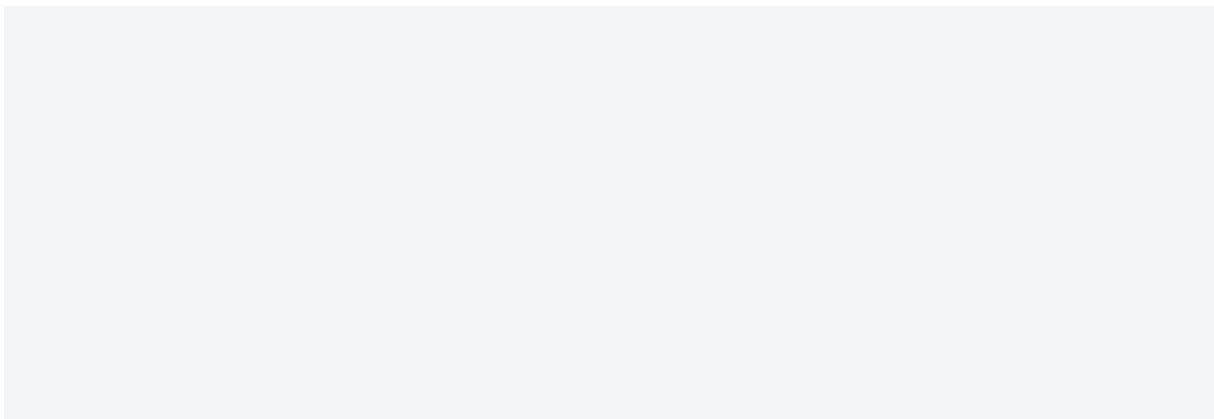
“More intimate relationships carry more emotion,” says psychologist Steve Peters (Peters, 2018). When we say sorry to someone for our angry behavior, we send them the message that they (and the relationship) matter to us.

Teaching people to apologize and offer something to make up for their wrongdoing is a valuable life lesson.

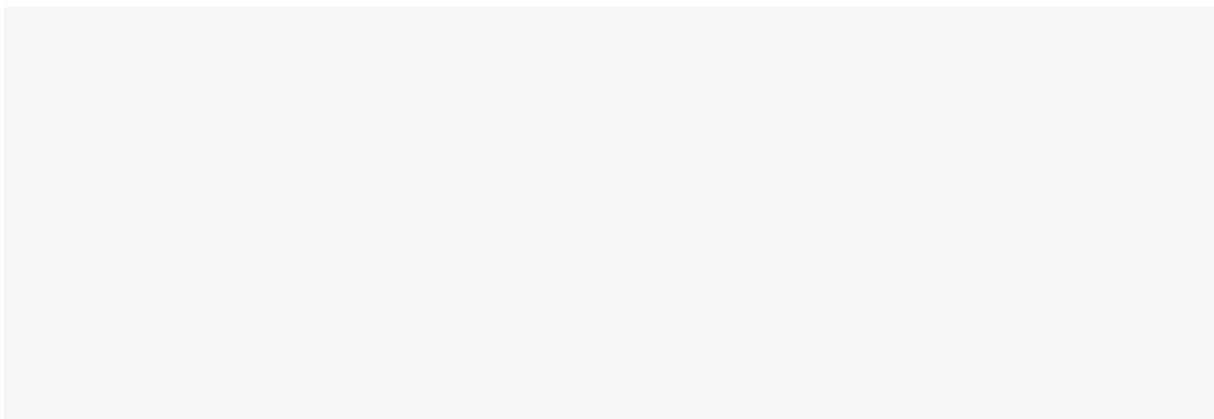
Using the questions below to help you revisit angry situations, consider what you have done, apologize for your behavior, and find ways to make things right.

Think of a very specific situation that you need to apologize for:

**What was the situation?**



**Who did you upset?**



**How were they upset? How would you feel?**

**Describe how and when you could apologize:**

**Describe how you could make amends:**

Making amends can help you forgive yourself and move forward, learning from your mistakes.

## **References**

- Peters, S. (2018). *The silent guides: Understanding and developing the mind throughout life*. London: Lagom.

Dr. Jeremy Sutton