

Instead of I'm Sorry ~ Thank You

Shame Erodes Our Relationships

Gratitude Strengthens Them

I'm sorry for talking so much!

Woah, I must have needed to vent - thanks for listening!

I'm sorry for being so emotional!

I know my emotions are high I appreciate you holding space.

I'm sorry for being a burden!

I'm so thankful for your support these days.

I'm sorry I'm late.

Thank you so much for waiting!

I'm sorry for taking so long to respond.

I've been so busy, thank you for your patience.

I'm sorry I make things so hard.

I'm a work in progress, thanks for having faith in me.

- I take full responsibility. 'I take full responsibility', is a phrase that can be used to substitute the word 'sorry', and essentially means that you acknowledge the mistake and take responsibility for it.
- Regretful.
- I should not have...
- Oops!
- Excuse me.
- Thank you.
- Is now a good time for a quick question?
- That sounds like it was really hard for you.
- Thanks for pointing that out, what else is worth knowing here?
- Your patience is requested and greatly appreciated.