

## Alberta Civil Liberties Research Centre

### 9 Meaningful Ways to Apologize

- Communicate what you are apologizing for and what you have learned
- Reflect on stereotypes/biases *prior* to incident
- Take responsibility for the “impact” of your actions, words and perceptions. Avoid defending your good intentions or past history.
- Be curious about the “impact” of your actions and remain *open* to hearing reactions from others.
- Feel and express sincere remorse, empathy and compassion.
- Follow through by changing your behavior/attitudes at home, in your community and at work.
- Share what you’ve learned with your family, friends, colleagues, and community.
- If possible, apologize to particular group you’ve offended and begin conversations with them.
- Be willing to hear from groups targeted by validating their concerns, experiences, hurt and anguish.

(From Lee Mun Wah, *Stir Fry Productions*, August, 2020, *Newsletter*.)