

### 1: Even When Abusive Parents Apologize, They Don't "The Invisible Scar"

*The subtle shifting of the blame from to the recipient of the apology has been elevated to an art form in some political circles. In the real world, however, blame and forgiveness cannot walk hand in hand.*

In fact, however, domestic violence follows a typical pattern no matter when it occurs or who is involved. The pattern, or cycle, repeats; each time the level of his violence may increase. At every stage in the cycle, the abuser is fully in control of himself and is working to control and further isolate his victim. Understanding the cycle of violence and the thinking of the abuser helps survivors recognize they truly are not to blame for the violence they have suffered and that the abuser is the one responsible. Six distinct stages make up the cycle of violence: Abuse Abuse can be emotional, physical, sexual, psychological, economic, and social please refer to the Patterns of Abuse. Guilt A non-abusive person experiences guilt very differently than an abusive person. A non-abusive person feels guilty about how they have impacted the life of the person they harmed victim-directed guilt. An abuser experiences self-directed guilt. He does not feel guilty or sorry for hurting his victim. He may apologize for his behavior, but his apology is designed so that he will not face consequences or be held accountable. The goal of the guilt stage is to reassure himself that he will not be caught or face consequences. Rationalization The abuser makes excuses and blames the victim for his behavior. Common excuses usually revolve around the abuser being intoxicated or abused as a child. However, alcohol use and being abused as a child does not cause the abuser to be violent. The abuser may act as though nothing happened - everything is normal. This can be crazy making for victims, as they do not understand how he could pretend nothing happened. If the victim has visible injuries, she will have to explain how she got them. This is designed to maintain the normalcy of the relationship. The goal of this stage is to keep the victim in the relationship and present the relationship as normal. Another tactic an abuser may use after he has chosen to be violent is to become the thoughtful, charming, loyal, and kind person with whom the victim fell in love. He may take her out to dinner, buy her flowers and convince her he will change. This can be a huge incentive for women to stay or return to the abuser because they believe that this time he really will change. In the initial stages, an abuser fantasizes or has a mental picture of the next time he will abuse the victim. During the fantasy and planning stage, the abuser is the actor, producer, director and the star. The abuser experiences his power from activating the fantasy. The planning phase details more specifically what the abuser will need to have and to do in order to abuse his partner. Most often he will fantasize she is having an affair. Most abused women do not have the time, energy, or interest in having an affair. However, it is the most common accusation, because she can never prove she is not having an affair. Set-up This is when the abuser puts his plan into action. He sets up the victim. The Full Cycle Here is an example of the cycle of violence through all its phases. A man abuses his partner. After he hits her, he experiences self-directed guilt. He then fantasizes and reflects on past abuse and how he will hurt her again. He plans on telling her to go to the store to get some groceries. What he withholds from her is that she has a certain amount of time to do the shopping.

### 2: How to Brake the Cycle of Blame and Pain

*The former 'Roseanne' creator and star issued an apology late Tuesday night in between retweeting more racist attacks against ex-Obama adviser Valerie Jarrett.*

This Article Summary written by: Ron Kraybill describes his theory of the reconciliation cycle. He feels that people in South Africa have a mistaken image of the process of reconciliation, thinking of it as a process that erases the past. The first stage is relationship. A big part of relationships is taking risks by sharing with another person. However, sometimes this trust gives way to an injury when the response to sharing is betrayal. This occurs when one of the parties gets hurt by another. The consequence is usually the physical or emotional withdrawal of the injured party. Withdrawing allows the victim to evaluate the event and his or her feelings about it and the opponent. If not enough time is taken to do this, but rather a quick apology is made and accepted, the result may be forgiveness without reconciliation. In this case distrust will remain, and the relationship will never be the same. The next step on the way to true reconciliation is reclaiming identity. As one result of an injury, the victim often loses self-esteem, and a group might lose its belief in its uniqueness and strength. Identity is reclaimed by the process of self-awareness and self-affirmation: Groups undergo the same process, which the author calls "conscientization. Restoration of trust will occur only after parties again begin to take risks in sharing with each other. Finally, in order to overcome blame and guilt and return to normal relationships, there should be negotiations between the parties to address the needs created by the injury. Lasting relationships develop in cycles. In which injuries and disappointments are a natural part. Thus reconciliation becomes a recurring process, a cycle that will be repeated over and over again. People should not avoid conflicts and accommodate pain, but constantly work on the relationships, transforming disagreements and disappointments into mutual understanding and self-assertion. New to the site?

### 3: [www.enganchecubano.com](http://www.enganchecubano.com)'s Blog: What is the Cycle of Blame?

*A heartfelt apology for your part, coupled with a genuine offer of forgiveness for his part is generally an outward sign of true forgiveness without blame. When that happens, the healing can begin. There are other times when the actions of the other party are simply indefensible.*

In the real world, however, blame and forgiveness cannot walk hand in hand. You cannot sincerely and completely forgive someone if you continue to blame the person for the offense. To truly forgive a thing, you need to let go of the offense as if it never happened. Obviously, we cannot force ourselves to literally forget a hurtful incident, at least not without a rock and a sharp blow to the head, which is not an advisable strategy. There are many different kinds of situations that can lead to a conflict necessitating forgiveness. Oft times, a story has two sides. You are hurt, he is hurt. Out of an incident arose anger and resentment. Each of you is convinced that you are right, but you know deep down that there is enough blame to go around. In those cases, we still tend to want to affix the blame to the other person. But we cannot completely forgive if we are still clinging to the idea that it was all his fault. Or even mostly his fault. All blame must be released before we can move past a superficial forgiveness to a true and genuine forgiveness. A good litmus test to check whether or not you are ready and able to forgive without blame is to apologize to the other person. A heartfelt apology for your part, coupled with a genuine offer of forgiveness for his part is generally an outward sign of true forgiveness without blame. When that happens, the healing can begin. There are other times when the actions of the other party are simply indefensible. Sometimes the issue is black and white: In those times it becomes all the more difficult, but even more important, to resist the temptation to fix the blame on the other party. But that refusal to forget equates to a reservoir of bitterness and distrust. We find ourselves giving lip service to forgiveness, but lying in wait for the offender to slip up again and justify our suspicions. This point was driven home in the real life situation of Jon and Sheila not their real life names. Eventually Jon got caught. It was devastating to Sheila, who thought that all was well in their marriage. The affair nearly destroyed their marriage then and there. But, with significant assurances from Jon and the support of her friends and family, Sheila made a difficult choice. Despite the damage that his actions had caused to their relationship, Sheila chose to forgive Jon. Jon repented, truly repented in a way that you seldom see. He never saw the woman again. He quit his job and took another closer to home. They went to counseling. He accepted full blame and did everything he could to make amends. At the time, it looked like they were going to be one of the truly rare couples who overcomes a marital infidelity. Sheila blamed Jon for the strain on their marriage. How could she not? He was the contemptible adulterer; she was the dutiful wife. With the new job came a significant cut in pay. Money quickly got tight, and Sheila then blamed him for their financial distress. After all, he had been making good money until he screwed it all up by having an affair. She blamed him when their daughter had trouble in school. Surely that, too, was the result of the affair he had carried on three years prior. Sheila, although she made the right choice in forgiving Jon, held onto the right to blame him for the incident and for everything that followed. Ultimately, it was her bitterness and distrust that doomed the marriage, not the actual affair. That story is just one of many similar tales that illustrate just how poisonous blame can be to a relationship. Whether you recognize it or not, holding on to blame obstructs your ability to completely forgive. The full extent of the problem may not become evident right away but it will remain, seething beneath the surface, until circumstances create a window to bring it back out again. It will come back around unless you release the blame and move on. It is a daunting goal to forgive an offense to such a degree that we can let go all blame and allow the incident to lie in the past. If we are able to forgive completely, we need to give the other person tabula rasa, a clean slate with no baggage of past indiscretions to cloud our future interactions. Forgiveness means that you look upon the offender as if that person had done no wrong. True forgiveness casts aside blame, recrimination, and guilt until only love remains.

### 4: The Cycle of Domestic Violence?

*BREAKING THE CYCLE OF BLAME. By Ted Schroder [www.enganchecubano.com](http://www.enganchecubano.com) Palm Sunday, March 20, The Cross of Christ is God's way of breaking the cycle of blame, shame and pain that bedevils all relationships and especially the relationship between God and us.*

Requirements for successful manipulation[ edit ] According to psychology author George K. Simon , successful psychological manipulation primarily involves the manipulator: Knowing the psychological vulnerabilities of the victim to determine which tactics are likely to be the most effective. Having a sufficient level of ruthlessness to have no qualms about causing harm to the victim if necessary. Consequently, the manipulation is likely to be accomplished through covert aggressive relational aggressive or passive aggressive means. Braiker identified the following ways that manipulators control their victims: Partial or intermittent negative reinforcement can create an effective climate of fear and doubt. Partial or intermittent positive reinforcement can encourage the victim to persist - for example in most forms of gambling, the gambler is likely to win now and again but still lose money overall. According to Simon[ edit ] Simon identified the following manipulative techniques: It is hard to tell if somebody is lying at the time they do it, although often the truth may be apparent later when it is too late. One way to minimize the chances of being lied to is to understand that some personality types particularly psychopaths are experts at the art of lying and cheating , doing it frequently, and often in subtle ways. This is a very subtle form of lying by withholding a significant amount of the truth. This technique is also used in propaganda. Manipulator refuses to admit that they have done something wrong. An excuse made by the manipulator for inappropriate behavior. Rationalization is closely related to spin. This is a type of denial coupled with rationalization. The manipulator asserts that their behavior is not as harmful or irresponsible as someone else was suggesting, for example, saying that a taunt or insult was only a joke. Selective inattention or selective attention: Manipulator not giving a straight answer to a straight question and instead being diversionary, steering the conversation onto another topic. Similar to diversion but giving irrelevant, rambling, vague responses, weasel words. Manipulator throwing the victim onto the defensive by using veiled subtle, indirect or implied threats. A special kind of intimidation tactic. A manipulator suggests to the conscientious victim that they do not care enough, are too selfish or have it easy. This usually results in the victim feeling bad, keeping them in a self-doubting , anxious and submissive position. Manipulator uses sarcasm and put-downs to increase fear and self-doubt in the victim. Manipulators use this tactic to make others feel unworthy and therefore defer to them. Shaming tactics can be very subtle such as a fierce look or glance, unpleasant tone of voice, rhetorical comments, subtle sarcasm. Manipulators can make one feel ashamed for even daring to challenge them. It is an effective way to foster a sense of inadequacy in the victim. More than any other, this tactic is a powerful means of putting the victim on the defensive while simultaneously masking the aggressive intent of the manipulator, while the manipulator falsely accuses the victim as being an abuser in response when the victim stands up for or defends themselves or their position. Playing the victim role: Caring and conscientious people cannot stand to see anyone suffering and the manipulator often finds it easy to play on sympathy to get cooperation. Playing the servant role: Cloaking a self-serving agenda in guise of a service to a more noble cause, for example saying they are acting in a certain way to be "obedient" to or in "service" to an authority figure or "just doing their job". Manipulator uses charm , praise , flattery or overtly supporting others in order to get them to lower their defenses and give their trust and loyalty to the manipulator. They will also offer help with the intent to gain trust and access to an unsuspecting victim they have charmed. Projecting the blame blaming others: Manipulator scapegoats in often subtle, hard-to-detect ways. Often, the manipulator will project their own thinking onto the victim, making the victim look like they have done something wrong. Manipulators will also claim that the victim is the one who is at fault for believing lies that they were conned into believing, as if the victim forced the manipulator to be deceitful. All blame, except for the part that is used by the manipulator to accept false guilt, is done in order to make the victim feel guilty about making healthy choices, correct thinking and good behaviors. It is frequently used as a means of psychological and emotional

manipulation and control. Manipulators lie about lying, only to re-manipulate the original, less believable story into a "more acceptable" truth that the victim will believe. Projecting lies as being the truth is another common method of control and manipulation. Manipulators love to falsely accuse the victim as "deserving to be treated that way. Manipulator tries to suggest that any harm done was unintentional or that they did not do something that they were accused of. Manipulator may put on a look of surprise or indignation. This tactic makes the victim question their own judgment and possibly their own sanity. Manipulator tries to play dumb by pretending they do not know what the victim is talking about or is confused about an important issue brought to their attention. The manipulator intentionally confuses the victim in order for the victim to doubt their own accuracy of perception, often pointing out key elements that the manipulator intentionally included in case there is room for doubt. Sometimes manipulators will have used cohorts in advance to help back up their story. Manipulator uses anger to brandish sufficient emotional intensity and rage to shock the victim into submission. The manipulator is not actually angry, they just put on an act. They just want what they want and get "angry" when denied. Controlled anger is often used as a manipulation tactic to avoid confrontation, avoid telling the truth or to further hide intent. There are often threats used by the manipulator of going to police, or falsely reporting abuses that the manipulator intentionally contrived to scare or intimidate the victim into submission. Blackmail and other threats of exposure are other forms of controlled anger and manipulation, especially when the victim refuses initial requests or suggestions by the manipulator. Anger is also used as a defense so the manipulator can avoid telling truths at inconvenient times or circumstances. Anger is often used as a tool or defense to ward off inquiries or suspicion. The victim becomes more focused on the anger instead of the manipulation tactic. Manipulator comforts the victim into submission by claiming whether true or false that many people already have done something, and the victim should as well. These include phrases such as "Many people like you The more emotionally dependent the victim is, the more vulnerable they are to being exploited and manipulated. Manipulators generally take the time to scope out the characteristics and vulnerabilities of their victims. Kantor advises in his book *The Psychopathology of Everyday Life: How to Deal with Manipulative People* [3] that vulnerability to psychopathic manipulators involves being too: For example, they might vote for the seemingly charming politician who kisses babies. They are more likely to commit themselves to people they hardly know without checking credentials, etc. Carelessness not giving sufficient amount of thought or attention on harm or errors. A psychopathic stranger may offer human companionship for a price. They think they deserve it out of a sense of guilt. When hearing a sales pitch they are less likely to consider that it could be a con. They are prone to giving money to someone with a hard-luck story. Motivations of manipulators[ edit ] Manipulators can have various possible motivations, including but not limited to:

### 5: The blame game - Counselling Directory

*What is the Cycle of Blame?: "What is the Cycle of Blame? The Cycle of Blame is a continuous and perilous loop that is robbing our nation's finest healthcare providers of their ability to freely practice the true art of medicine.*

Wednesday, November 23, Breaking the cycle of guilt and blame. After some serious introspection inspired by my previous post *The Moon Card*, I have discovered that I appeared to be involved in a cycle of guilt and blame. Reading up on the idea of blame, you could be forgiven for thinking that it is a terrible thing and totally without merit. But, there are many instances where blame is totally valid and denying it can have greater consequences than accepting that you feel that way. There are plenty more examples that can be easily imagined and anyone who has suffered abuse at the hands of another is already familiar with this. For me guilt is inextricably tied up in this, it is certainly a personal situation that I am struggling with and I hope that forging my own way through this may be of benefit to others likewise seeking an understanding. But back to blame, we see that it is something that is passed on down the line from one person to another. It is most evident in families, where an abuse that has been enacted causes the victim to blame the perpetrator quite correctly for their experience. This can have long standing ramifications for the victim in that they may well continue the same type of behaviour. The now perpetrator feels guilt for their actions, but is incapable of taking responsibility as they feel they are not the true progenitors of the problem. It stands to reason of course, who would want to take responsibility for their actions when those said actions stem from the mistreatment at the hands of another. I am recognising my own part in the cycle of guilt and blame in my own life. I know I cannot rely on the perpetrator of my blame ever recognising and resolving it, because I feel the same way about my guilt. It all feeds back to the source. My financial insolvency links back to other situations in which I blame others, yet it causes me to treat others in the same manner I abhor. There is no gain in staying within the chain. It has a reality all of its own and the cycle perpetuates itself through external circumstances because the subconscious is programmed to repeat the same cycle until the loop is resolved. Trying to step out of it is a trial all in itself. Simply taking responsibility for your actions may well be part of it, but the responsibility is not all yours. There is a segment that is the perpetrators. Good luck in getting them to take that on! Even if you do take it on martyr style, your own unconscious is never going to let you get away with it and it will never be a true admission of guilt. You can try and force the prior perpetrator to acknowledge their actions and the effect they had, but they too are likely victims of another and cannot give you true recompense. So what is the answer? How do we step out of this chain without relying on the shaky possibility that it will be broken in the link before us? Like anything else, the answer lies in becoming increasingly conscious. Recognising that your blame, however accurate and legitimate will not and cannot give you release. Even if your perpetrators do apologise, it will never be a true apology if they are chained to others. The only way to be free is to break the chain at the point you are at. The first step is acknowledging your rightful anger or emotional response. What you do feel is legitimate, even if your perpetrator would prefer you not feel that way it brings up their feelings of guilt. So this needs to be done by oneself or in the company of a trusted confidant, one who you know will not engage in oppositional responses or invalidate your feelings. It is okay to feel this way, to know that you should not be treated badly. The process is for you, not for them and showing them your anger at this point would simply invalidate your feelings once more. They could do this by switching blame back to you, becoming angry in turn or other tactics to try and return the feelings of guilt that they do not wish to own which in truth, were probably never theirs either. The third step is understanding that if these feelings arise again, then they represent a healthy response from yourself. The problem arose when you let their guilt invalidate your feeling response. Learning to trust your own natural emotional responses to situations is paramount. You are not obliged to act in any way they want and if it makes them feel bad then that is their responsibility not yours. If you have been a perpetrator and it is likely you have engaged in the same tactic somewhere else in your life then you must be willing to accept your part of your actions. Trust your feelings, if you feel remorse over your actions then it is good to redress the balance. If you have acted badly, own up to it. Recognise that now you are free from the control of the others before you and that the cycle stops here. If

## THE CYCLE OF BLAME AND APOLOGY pdf

you can truly feel, validate and trust your own feelings then these situations of blame and guilt will die away with the breaking of the chain. People will subconsciously notice that where you were once prone to guilt and blame you are no longer powerless. The situations that were once powered by this weakness will diminish and eventually completely disappear, or if they do resurface then you will remain above such attempts at manipulation.

### 6: How to Break the Cycle of Blame and Pain

*Sorry to the riders, sorry to the media. In fact, just sorry to everybody, really. This was a very Yamaha actionâ€”the Japanese company with a streak of humanity.*

With each repetition of the cycle, abuse tends to become more severe. Though all styles of primary aggressors will tend to evolve toward this cycle, this experience is most prominent with volatile primary aggressors. Because observers may not be able to understand that the dynamics of control are operative all the time, they may use the variation in the cycle to justify the erroneous conclusion that the survivor is necessarily consenting to the abuse by staying. This may be the time when a survivor will seek out help through law enforcement intervention only to be told nothing can be done until violence occurs. Also a survivor may..

**Outburst** During this stage, a violent episode occurs usually causing injury or property damage, and sometimes resulting in death. This is usually the shortest phase lasting a few minutes to 24 hours. **Spent Phase** In this phase, the primary aggressor has had a discharge of tension, and with the rage spent, feels kindly and ironically closer to the survivor and the rest of his family. The survivor still feels cautious, but also feels grateful. The environment becomes tranquil, maybe even pleasant. This may be the longest phase early in a relationship, but usually becomes progressively shorter over time with escalation. In this phase, the goal of control is still paramount, and so any meaningful discussion of what happened and what must change, irritates and agitates the primary aggressor. Apologies are not true accountability. Also with an apology, the primary aggressor is attempting to short-circuit any boundaries the survivor might otherwise hold firm. The primary aggressor at this point promises more self-control although control is the core of abuse! Where the cycle of violence operates, all the good times and benefits of a marriage occur in the spent phase. The survivor may respond to the more vulnerable side of the primary aggressor and believe that she is the sole emotional support for the primary aggressor. The survivor may take on responsibility for the well-being of the primary aggressor, who will manipulate this further. Eventually, angry attachment builds bad feeling and the tension phase starts again. Everytime we impose our will on another, it is an act of violence -Gandhi.

### 7: Meaningful vs. Meaningless Apologies

*Understanding the cycle of violence and the thinking of the abuser helps survivors recognize they truly are not to blame for the violence they have suffered and that the abuser is the one responsible.*

God shows us the way of forgiveness and reconciliation through the Cross of Christ. That death was a substitutionary atonement for our sins. It was God placing the burden of our sins upon himself in Jesus. It was God taking the blame, the guilt, for us to end the enmity and separation that exists between us. It was God taking the initiative to demonstrate his justice and his love to sinners so that we might be forgiven. Other religions handle forgiveness differently. Hinduism, with its doctrine of karma, the unending cycle of destiny, teaches that we need to be reincarnated many times to balance out the wrongs in our lives. The Cross decisively breaks that cycle once and for all. While we were still sinners, Christ died for us" Romans 5: The world needs this reconciling forgiveness of the Cross. Nations blame other nations for past wrongs. Tribes and ethnic groups blame other groups for their plight. There are multitudes of grievances that people have for one another. The cycle of blame is passed down from one generation to another. People are alienated from one another because of past slights. They seem incapable of forgiving and moving forward. Even trivial incidents and unintentional acts fester and destroy the most intimate of relationships. In his novel *Love in the Time of Cholera*, Gabriel Garcia Marquez portrays a marriage that disintegrates over a bar of soap. For the next seven months they slept in separate rooms and ate in silence. Because neither partner would say, "Stop. This cannot go on. Every night he lies awake waiting for her to approach him, and she never appears. Every night she lies awake waiting for him to approach her, and he never appears. Neither will break the cycle of blame that began over some miscue years before. It takes the attitude of Christ Jesus to break the cycle. It requires humbling oneself, and becoming obedient to death, the death of pride, even death on the cross. What does that mean? Admitting that I am a sinner in need of salvation, a sinner in need of forgiveness, a sinner who is willing to die to self-centeredness, a sinner who is willing to repent, to change, to receive the grace of the Holy Spirit and take up my cross and follow Jesus. In East Germany held its first free elections. The official act of their Parliament was to vote on this extraordinary statement: We feel sorrow and shame, and acknowledge this burden of German history We ask all the Jews of the world to forgive us. We ask the people of Israel to forgive us for the hypocrisy and hostility of official East German policies toward Israel and for the persecution and humiliation of Jewish citizens in our country after as well. Members rose to their feet for a long ovation, then they paused for a moment of silence in memory of the Jews who died in the Holocaust. They broke the cycle of blame and shame. During the night Valjean steals the family silver and leaves. But the bishop, instead of identifying him as a thief said, "So here you are! Have you forgotten that I gave you the candlesticks as well Did you forget to take them. Valjean dedicated himself to helping others in need. He was transformed by the attitude of Christ. This world in which we live is full of individuals and groups and nations blaming others for their condition. We can act out our resentment and bitterness in many forms of spite and violence. We can seek vindication or revenge for our perceived injustices. We can feel wronged by others and we are not willing to let the past go. We want justice to be done not mercy. But how does that square with the Cross of Christ? Instead, out of his desire to be reconciled to us, he made himself nothing, taking the very nature of a servant, he became one of us. It was not easy for him to become obedient to death -- for the immortal to take upon himself our mortality, for the strong to become weak, for the innocent to endure a painful and slow execution. It was not easy for him to pay the price of forgiveness: But he did it, out of great love for us. It was the only way to break the cycle of blame, and shame, and guilt. It was the only way to break the impasse of unforgiven sin that, that divided us from God and one another. The desire for justice in our relationships with one another is often a desire for revenge. It is his way of saying, "Trust me to avenge, to deal with the blame. But God had given us a way out of the endless cycle of blame if we want it. It means letting him deal with the sins of others. When we do that, he breaks the hold of blame on our spirits. We enter into the freedom and healing of the attitude of Christ. That is the essence of salvation:

### 8: 6 Useful Examples of Apology Letters to Customers - Comm Blog

*Why bad apologies are worse than no apology at all The constant cycle of bad men and bad apologies leads me to wonder: Do apologies hold any value in our society anymore? defend and blame.*

How to Apologize Asking for Forgiveness Gracefully Scott has just arrived at his staff meeting, and he can tell that his boss, Catherine, is stressed. He ignores the tension in the room, and launches into his carefully researched presentation. After a few minutes, however, Catherine picks up on a tiny error and begins to berate Scott. She accuses him, and the rest of the team, of not pulling their weight. As the days pass, Scott expects Catherine to apologize for her behavior. However, the apology never comes, and their relationship becomes strained, resentful, and unproductive. A few months later, Scott takes a position in another department. In this situation, Catherine could have healed her relationship with Scott with a sincere apology after the meeting. But, instead, she lost a talented team member.

What Is an Apology? An apology is a statement that has two key elements: It shows your remorse over your actions. It acknowledges the hurt that your actions have caused to someone else. We all need to learn how to apologize – after all, no one is perfect. We all make mistakes, and we all have the capability to hurt people through our behaviors and actions, whether these are intentional or not. First, an apology opens a dialogue between yourself and the other person. Your willingness to admit your mistake can give the other person the opportunity he needs to communicate with you, and start dealing with his feelings. When you apologize, you also acknowledge that you engaged in unacceptable behavior. This helps you rebuild trust and reestablish your relationship with the other person. This can strengthen your self-confidence, self-respect, and reputation. First, you will damage your relationships with colleagues, clients, friends, or family. It can harm your reputation, limit your career opportunities, and lower your effectiveness – and, others may not want to work with you. The animosity, tension, and pain that comes with this can create a toxic work environment.

Why Apologies Are Difficult With all these negative consequences, why do some people still refuse to apologize? First, apologies take courage. When you admit that you were wrong, it puts you in a vulnerable position, which can open you up to attack or blame. Some people struggle to show this courage. Or, you may be following the advice "never apologize, never explain. How to Apologize Appropriately In an article in the Journal of Psycholinguistic Research, psychologists Steven Scher and John Darley present a four-step framework that you can use when you make an apology. Express Remorse Every apology needs to start with two magic words: For example, you could say: I feel embarrassed and ashamed by the way I acted. Be honest with yourself, and with the other person, about why you want to apologize. Never make an apology when you have ulterior motives, or if you see it as a means to an end. Timeliness is also important here. Admit Responsibility Next, admit responsibility for your actions or behavior, and acknowledge what you did. Here, you need to empathize with the person you wronged, and demonstrate that you understand how you made her feel. I was wrong to treat you like that.

### 9: Victim Blaming And the Cycle of Domestic Abuse | MadameNoire

*How to Apologize Appropriately* In an article in the *Journal of Psycholinguistic Research*, psychologists Steven Scher and John Darley present a four-step framework that you can use when you make an apology.

Quotes Rage and the Rage Cycle Rage is a destructive action. It is intended to hurt, actually break someone or something. It is also blind and the attack is often against an innocent helpless person or child. Rage develops when a person feels that his power is thwarted or frustrated. In rage, memory is laid down differently. For all these reasons, rage is often called dissociative rage. Rage works by short-circuiting the experience of shame, that is, the feeling of being inferior or not enough, or not good enough. Rage can be contrasted to a healing and universal experience and emotion: Rage can be thought of as a kernel of anger distorted by internalized shame. While any rage is very damaging in relationships, infrequent rage alone does not constitute primary aggression. But in relationships, unless rage is truly rare, it tends to develop into a pattern or cycle. An outburst can occur several times a day, or every few months. This is sometimes called the honeymoon period. The desire for control remains however. A tell-tale sign that rage is serving the purpose of power and control is that the primary aggressor is unwilling to discuss the outburst later in any meaningful or honest way. Tension further distorts perception, and routine events or small frustrations are seen as large offenses by the raging person and an outburst results In an episode of rage, the flight or fight system is strongly activated. This makes everyone around the raging person to be perceived and then treated as a threat or an enemy. This becomes an additional reinforcement, and frequently, any request to be accountable sets off an episode. Survivors that are in relationship with a raging person feel the effects of the rage all the time because they are walking on eggshells trying to prevent an outburst. Everytime we impose our will on another, it is an act of violence -Gandhi.

Introduction Francine Prose The Soviet Movie Making Machine Winston Churchill : The lights are going out in Europe Theoretical and Numerical Combustion, Second Edition Cardiac Valve Replacement George S. Kaufman Applying Genomic and Proteomic Microarray Technology in Drug Discovery Whatever Happened to Penny Candy? Trade secrets case digest Virginia Crime in Perspective 2003 (Virginia Crime in Perspective) Toxic pollution, the Gulf War, and sanctions Huda S. Ammash Part 5: Poems for Word Study Gr. 1-2 (Poems for Word Study) The Lecherous University Indian books to Texas (A Gousha travel publication) Brick rocket stove plans The Bournonville Tradition An unusual collection of recipes with a jug of wine. System Applications Guide Gilkeys Weeds of the Pacific Northwest Catalyst Deactivation (Chemical Industries) Co-ordination and regulation of movements New humanities er 5th edition New testament study guide Mapping agrotopoclimates by integrating topographic, meteorological, and land ecological data in a geogra Pray Together Now Monyohe, the great snake of the deep waters. An appeal to the citizens of Maryland, one of the United States of America Study Guide for Stewarts Single Variable Calculus, 6th Printable inspirational quotes Tibor Eckhard in his own words Spss data analysis and interpretation 15 Grand Tiger Hunt with Maharaj-Kumar of Vizianagram, Development and Social Action Navigations (1589, 1598) Incredible ikea ideas Overcoming incumbent challenges. Dickens and the public service, by C. P. Snow. Economics and Theology EXAMNotes for U.S. History 1787 1841