

Effective tips to Make Up With A *Hurt Partner*



Tips for initiating conversation



Acknowledge their feelings

Own up to your mistake

Politely explain your motive and perspective

Give them time and space to overcome the hurt

Ways to apologize

Give a direct and specific apology rather than creating a prelude

Show remorse and guilt over your actions

Listen to your partner and try to understand their perspective

Reassure that the behavior will not be repeated

