

## Sorry is as sorry does Dr. Henry Cloud

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A sincere "I'm sorry" can be the first step toward receiving forgiveness for a real or perceived injury to someone we care about. But is that all that's needed? Should simply saying "I'm sorry" be enough for the offended party? Maybe—it depends on the severity of the injury—but a true apology most often involves more than just speaking the words. We will take a look at the specific ingredients that go into a heartfelt and sincere apology. For sorry truly is as sorry does!

Notes:

My Solutions: