**Saying Sorry (How to say “I’m sorry” (The Power of Apologies and Forgiveness by Brendon Burchard)**

**(Video Clip Discussion Questions)**

1. Have you ever known someone who just can’t say “I’m sorry”?
   1. Why do you think they are incapable of saying “sorry”?
2. Do you believe that saying “I’m sorry” always indicates that you were wrong?
3. Do you feel a loss of power when you say “I’m sorry”?
   1. Why do you think this occurs (or doesn’t occur) for you?
4. Do you (or anyone you know) say “sorry” too much?
   1. What qualifies too much?
   2. Are there any consequences from this?
5. Do you think that people who experience feeling of hurt as a result of your actions deserve an apology, if you did not do anything wrong?
6. Do you think feeling come from perception or from reality? (are feelings a result of direct actions or the personal response to those actions)? Explain
7. Are you able to anticipate whether or not your actions will result in someone feeling hurt?
   1. Why or why not?
8. When you are hurt, and someone apologizes, do you continue to hang on to the hurt?
   1. Are there any consequences of hanging on to that hurt?
   2. What if the person doesn’t apologize, do you still hang on to the feelings?