



# Formal Apology

Date: \_\_\_\_\_

To: \_\_\_\_\_

From: \_\_\_\_\_

Infraction: \_\_\_\_\_

- Behaviour    Action  
 Words    Inaction

## Reasons For My Behaviour

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> I was in a foul mood        | <input type="checkbox"/> I wasn't thinking                 | <input type="checkbox"/> Someone else made me          |
| <input type="checkbox"/> It seemed like a good idea  | <input type="checkbox"/> It just happened                  | <input type="checkbox"/> I forgot you didn't like that |
| <input type="checkbox"/> I ran out of my meds        | <input type="checkbox"/> I had no idea it would hurt you   | <input type="checkbox"/> I couldn't help myself        |
| <input type="checkbox"/> I was feeling insecure      | <input type="checkbox"/> I was planning a surprise for you | <input type="checkbox"/> I was tired                   |
| <input type="checkbox"/> You were pushing my buttons | <input type="checkbox"/> Mercury was in retrograde         | <input type="checkbox"/> I was hungry                  |
| <input type="checkbox"/> I was being selfish         | <input type="checkbox"/> I needed to vent                  | <input type="checkbox"/> I was drunk                   |
| <input type="checkbox"/> I forgot                    | <input type="checkbox"/> I was traumatised in childhood    | <input type="checkbox"/> I am in love with you         |
| <input type="checkbox"/> I didn't know               | <input type="checkbox"/> You were nearby                   | <input type="checkbox"/> I am a schmuck                |
| <input type="checkbox"/> Other (please specify)      |  | <input type="checkbox"/> I hate you                    |

This note represents my awareness that my words or actions in some way upset, hurt or otherwise alienated you. In light of this understanding I  WILL  WILL NOT do it again.

Signed \_\_\_\_\_ Dated \_\_\_\_\_

Dr. Fritz Heckler  
fritzheckler.com



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