

## Apologies are Good, But...

As I write this the news is filled once again with stories about a celebrity apologizing for a personal transgression. We can all be glad that we are less likely to hit the national media with our misbehaviors, but of course our smaller fan base is less likely to forgive us if we just go back to hitting birdies.

Apologies are powerful statements of our desire to reconcile a relationship, if we're sincere. But sincerity means without alternative purposes and with an intention to do our utmost to do things differently next time. An apology cuts through all the excuses and defensiveness and just says, "I was wrong!" There is, though, an alternative to an apology.

Most of the issues we might end up apologizing for are avoidable. We can all learn to better regulate our emotions and impulses, to improve our ability to recognize our weaknesses and develop new skills or to simply think about outcomes before acting.

Apologies are Band-Aids, not preventative medicine. Getting support and training to improve your ability to avoid needing an apology is like getting to the gym to improve your ability to avoid injuries and long-term health problems.

During this time of resolutions, let me encourage you to look at your relationships and the frequency of situations that beg for an apology. Learn to give needed apologies with sincerity and good intentions, and resolve to get training to avoid more of those situations next year.

Here is my hope that your new year is interesting, productive and satisfying, and your life full of friends and fondness.

If you could use a personal trainer to help improve your relationships with clients, patients, colleagues or family, give Szifra a call to set up a consultation on your particular interests. Don't let excuses keep you from bringing the highest quality to all you do and enjoying the revenues that follow.