

# HOW GOOD IS YOUR



# Sorry



## *Do you know what to say when you've made a mistake?*

*Take this short QUIZ to find out how good you are at apologizing.*

*For each pair of statements below, circle A or B beside the expression that best represents how you tend to respond when you have to apologize to someone.*

- 1    A    You're too sensitive. I was only joking.  
      B    I'm sorry I've damaged your trust.
  
- 2    B    I did it and I have no excuse.  
      A    I'm not going to apologize. It shows weakness.
  
- 3    B    I'm responsible for the mistake.  
      A    I should be excused because I didn't mean to do it.
  
- 4    B    My actions were unacceptable.  
      A    That's just silly but I am sorry you feel that way.
  
- 5    A    The devil made me do it.  
      B    My heart aches over what I've done.
  
- 6    B    I know that what I did was wrong, period.  
      A    What's the big deal? O.K. I guess I'm sorry.
  
- 7    A    To the extent that you were offended, I apologize.  
      B    I realize that talk is cheap. I need to show you how I'll change.
  
- 8    A    Are you serious? Give me a break. I was having a bad day.  
      B    I will do the work to fix my mistake.
  
- 9    B    I will rebuild your trust by not making this mistake in the future.  
      A    You need to get over it. Why can't you let bygones be bygones?
  
- 10    A    There's nothing I can do about that now. I can't take away the past.  
      B    Can you ever forgive me?

*See reverse side for scoring key and results.*

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## SCORING KEY:

Add up only the number of *B*'s you circled and enter the total here: \_\_\_\_\_

If you total score is:

0-3

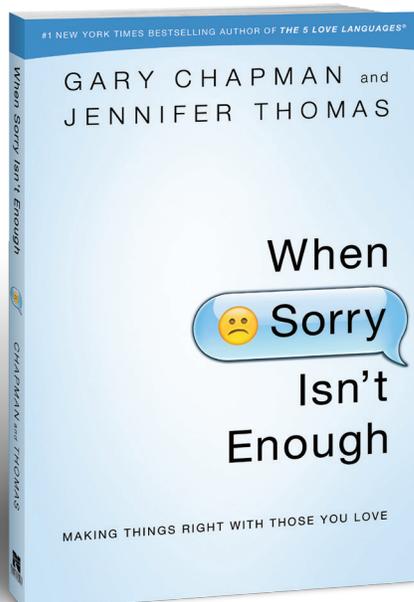
**Bad news.** Your “sorry” is pretty sorry. You have a bad habit of blaming, excusing, and denying when your back is against the wall. This habit is likely to cause trouble in your relationships.

4-8

**Hang in there.** You need to get your “sorry” on more often. If you do, you will find more love and trust flowing your way in life.

9-10

**Congratulations!** Your “sorry” is top notch. You know what to say when sorry isn’t enough. This skill is likely bringing you happy relationships both at work and at home.



Turn the way you apologize into a tool that will transform your relationships. Let #1 *New York Times* bestselling author Gary Chapman and Jennifer Thomas unveil new ways to take the tension out of saying you’re sorry and make things right again. *When Sorry Isn’t Enough* will help you:

- Cool down heated arguments.
- Offer apologies that are fully accepted.
- Trade in tired excuses for honesty, trust, and joy.
- Get out of the “dog house” today and restore a valuable relationship.

**Purchase today at:** [www.5lovelanguages.com](http://www.5lovelanguages.com)

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