

# The Art of the Apology with Dr. Jennifer Thomas

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November 10, 2023 | by Patricia M. Barbarito

Love means never having to say you're sorry, right? Not according to our featured guest **Dr. Jennifer Thomas**, co-author of the critically acclaimed book, ***The 5 Apology Languages***. Instead, she tells host **Pat Barbarito**, the ability to offer a heartfelt apology, using an individual's preferred communication style, can result in an even deeper connection with those most important to you.

In this episode, Pat and Jennifer explore those five approaches to apology, and emphasize that, without the ability to acknowledge mistakes and express regret, the future of your relationships – romantic, platonic, professional, familial, etc. – could be in jeopardy.

Conversation highlights include:

- The purpose of an apology;
- Why it is so hard to apologize;
- The danger of over-apologizing;
- The best lead in for any apology;
- Why words alone may not be enough;
- Phrases to avoid when asking for forgiveness;
- The power of posing the question: Will you forgive me?;
- Why apologies in the workplace are essential to creating a successful corporate culture;
- What to do when you feel obligated to apologize, but don't think you're in the wrong, and so much more!

**BONUS:** What's YOUR apology language? Take **The Apology Language™ Quiz** to better understand what you need to hear or experience to accept the sincerity of an apology. Share the quiz with your partner, family, colleagues, and friends!

**ADDITIONAL READING:** Want to focus on increasing teamwork, resolving conflict, and building trust in the workplace? Check out [Making Things Right at Work](#), co-authored by Gary Chapman, Jennifer Thomas, and Paul White.

## Heartbreak & *hope* with Pat Barbarito



Co-managing partner and divorce lawyer [Pat Barbarito](#)

thought she knew all about complex relationships and the laws that govern them – until her own marriage of 17 years ended and she determined to get to the heart of love, marriage, and human connection. Her journey spanned the entire scope of relationships – from the science of attraction to the financial impact of separation, to old myths that society still touts as true to new laws that outline how to navigate both uniting and uncoupling.

**Heartbreak & Hope** with Pat Barbarito offers insights, anecdotes, and guidance from a variety of experts and includes her own perspective on how best to thrive through any stage of relationship building.

