

I'M CONFIDENT & I'M NOT SORRY

Reflexive Apologizing and Apologetic Ways of Being & Creative Alternatives

Automatic Reflexive Apologizing: Saying I am sorry reflexively (when you run into someone, get on the elevator, pass the ketchup. Saying I am sorry before expressing yourself. Maybe you were even shopping and were going to get something off the shelf and said I am sorry.

Brainstorm creative alternatives to practice:

Body Language: Shrug shoulders after expressing an opinion or answering a question. Holding your body in a protective stance or holding your body small. Sitting back in a meeting. Or having an upward lilt at the end of a sentence (as if you are questioning what you are saying)

Brainstorm creative alternatives to practice:

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Softening your voice: Saying Just/Saying in my opinion, do you mind or other means of softening your thoughts/opinions including putting a smiley face after a request. Or even justifying and explaining yourself and your request. Saying it is no big deal or it was a team effort (anything except a simple Thank you, when you are acknowledged by someone). AND/OR

Being 'nice': Holding back/not correcting someone/stepping over things (concerned about not hurting someone or being nice, vs saying what you know there is to say. Avoiding confrontation.

Brainstorm creative alternatives to practice:

No Risk: Not volunteering for jobs, not negotiating salary, letting someone credit for your ideas, not taking on a project or applying for a position unless you are sure you can succeed.

Brainstorm creative alternatives to practice: