

Sorry for Taking Up Room

For apologizing all day for things that were never wrong in the first place.

WHEN TO USE THIS

Use this at the end of a day you caught yourself saying sorry over and over.

Write down the times you said sorry today. Any you can remember.

1. _____
2. _____
3. _____
4. _____
5. _____

What is the sorry usually doing?

- ☐ Softening how I sound
- ☐ Getting in before someone is annoyed
- ☐ Filling a silence
- ☐ Apologizing for needing something
- ☐ Apologizing for being upset
- ☐ Habit, nothing behind it

Which of those were actually your doing? Mark them above, then write what you notice.

Pick one sorry you could swap for something else. What would you say instead?

Thanks for waiting. Can I ask you something? I need a minute.

You do not owe the room an apology for being in it.