

Quiz

So what is *your* natural apology language? It's always helpful to understand yourself before you attempt to understand another human being. Take the quiz below or online for insights into your native language of apology.

For a free online quiz
please visit:

5lovelanguages.com



Context

The following assessment is designed to help you discover your apology language. Read each of the twenty-five hypothetical scenarios and choose the **one** response you would most like to hear if you were living that scenario. In each case, assume that you and the other person have a relationship and that it's in your best interest to maintain that relationship—meaning, if the other person damaged your relationship, assume it's worth it to you to receive the apology. Also assume that the offender is aware of his or her offense because you have already had a conversation in which you expressed your hurt in a direct way.

Note that some of the possible responses to each of the twenty-five scenarios will sound a little similar. Focus less on the overlap and

more on which response *most* appeals to you, and then move on to the next item. Don't overthink it; go by instinct. Allow ten to fifteen minutes to complete the profile. Relax, and don't rush.

Start

Think of a specific time when you dealt with an offense and wanted to mend the relationship. Hold that experience in your head as you consider the following twenty-five paired statements. Circle the letter next to the statement that better describes what would sound meaningful to you in an apology. Neither statement may be a perfect fit for you or the experience in your mind but choose the statement that captures the essence of what is most meaningful to you, most of the time.

1. It's more meaningful to me when I hear someone say . . .

A "I deeply regret embarrassing you as I did."

E "Our friendship is so important to me. Will you please forgive me?"

2. It's more meaningful to me when someone says . . .

B "I admit it—I made a big mistake."

D "I want to grow from this experience. Would you help me figure out steps to handle this type of thing better?"

3. It's more meaningful to me when someone tells me . . .

C "What can I do or say to make things right between us?"

B "I had a bad attitude, and it showed. I should have thought more about what I was doing."

4. It's more meaningful to me when someone says . . .

D "I don't want to do this again, so I will come up with ways to avoid mistakes like this in the future."

E “I apologize for my actions. You obviously don’t have to forgive me, but I hope you will.”

5. It’s more meaningful to me when someone asks me . . .

E “Can you possibly forgive me?”

C “What can I do to mend our relationship?”

6. It’s more meaningful to me when I hear someone say . . .

B “My fault entirely. I could make excuses, but really, I have no good excuse for my actions.”

E “You have every right to hold this against me, but will you consider forgiving me?”

7. It’s more meaningful to me when someone asks me . . .

C “I’d like to make things better between us. What can I do to make things right?”

E “You don’t have to answer immediately, but will you consider forgiving me for this mistake?”

8. It’s more meaningful to me when I hear these words from someone . . .

E “I want to ask you to forgive me.”

A “It hurts me to see you hurting like this.”

9. It’s more meaningful to me when someone says . . .

B “I really messed up this time. Our whole team failed because of me.”

C “Can we back up and let me try to fix this? I really want to repair the damage I caused.”

10. It's more meaningful to me when I hear someone say . . .

- A** "I'm furious with myself over how I handled this. I cringe when I remember the way I acted."
- D** "I know that what I've been doing is not helpful. What would you like to see me change that would make this better for you?"

11. It's more meaningful to me when someone tells me . . .

- B** "I know what I did was wrong."
- A** "I'm so sorry. I feel terrible that I let you down."

12. It's more meaningful to me when someone asks me . . .

- D** "What changes could I put into place so that you might start to trust me again in the future?"
- E** "I hope this won't permanently damage our relationship. Will you please accept my apology?"

13. It's more meaningful to me when someone says . . .

- A** "I can see that my actions hurt you, and I feel terrible about what I did."
- C** "Is there anything I can do to repair the damage I've done?"

14. It's more meaningful to me when someone tells me . . .

- B** "If I'd thought through what I was doing, I would have realized it was wrong."
- E** "I know I've caused you a significant amount of trouble. I would really appreciate it if you'd forgive me."

15. It's more meaningful to me when I hear someone say . . .

- A** "I am truly sorry for my actions plus the ways they affected you."

D “If I’m ever upset with you again, I promise to approach you directly to talk it through.”

16. It’s more meaningful to me when someone says . . .

E “I hope you can find it in your heart to forgive me.”

B “I absolutely should not have done that.”

17. It’s more meaningful to me when I hear someone say . . .

D “Talk is cheap. I’ll work to show you that I’m changing.”

C “Is there anything I can do to make up for what I did?”

18. It’s more meaningful to me when someone tells me . . .

A “I’m embarrassed by my behavior, and I’m so sorry.”

B “No excuses. I admit I was wrong.”

19. It’s more meaningful to me when I hear someone say . . .

E “I apologize. Will you please forgive me?”

D “Going forward, I will manage my time and prioritize better so that I won’t make the same mistake.”

20. It’s more meaningful to me when someone says . . .

D “I hope I never do this again. Let’s talk about what I can do better in the future.”

C “It doesn’t feel like it’s enough to just say, ‘My bad.’ How can I make this up to you?”

21. It’s more meaningful to me when someone tells me . . .

B “I know that my actions were totally unacceptable. I own that.”

A “It stresses me out to know that you had to stand there waiting on me. I regret frustrating you.”

22. It's more meaningful to me when someone says . . .

- C** "I know I've inconvenienced you. What can I do for you that could help balance things out?"
- A** "I'm unhappy with how I've hurt you. I'm so disappointed in myself."

23. It's more meaningful to me when I hear these words from someone . . .

- C** "What can I do to make this situation right for you—immediately?"
- D** "It may take time for me to earn your trust back, but in the process, I hope you see changes in me so you know you can trust me."

24. It's more meaningful to me when someone says . . .

- A** "I'm so sorry about that. I feel awful that I disappointed you."
- C** "Saying 'I'm sorry' doesn't feel like enough. What more can I say or do to make this up to you?"

25. It's more meaningful to me when someone says . . .

- D** "Everything I've learned from this experience will prevent me from making that same mistake again."
- B** "I know what I did was inappropriate—no excuses."

Scoring

Now go back and count the number of times you circled each individual letter and write that number in the blank beside that letter.

- _____ A = Language 1: *Regret*
- _____ B = Language 2: *Responsibility*
- _____ C = Language 3: *Restitution*
- _____ D = Language 4: *Repentance*
- _____ E = Language 5: *Request*

Results

The highest possible score for any single apology language is ten. Which language had your highest score? This is your primary apology language. If two languages tied for you, then congratulations, you're bilingual: you have two equally dominant apology languages. If you have a second language that scored really close to your primary score, then that means you have a secondary apology language, and both languages are meaningful to you.

Now what? Self-knowledge is powerful, but applying that to your relationships is a game changer. Read back through the chapter about your primary language closely to understand how it affects your relationships.

Disclaimer (The Fine Print)

Is this a perfect tool? No! And some smart readers figure out how to manipulate it. No lifetime warranty or money-back guarantee on this quiz; it's a tool. This assessment is not intended as a substitute for any medical or psychiatric advice, diagnosis, or treatment you need. If you have questions, direct them to a licensed clinician. The use of this quiz does not create an express or implied professional relationship with the authors. Any actions taken as a result of using this assessment are at the sole discretion of the user, and the authors and publishers are not liable or responsible for any actions taken due to the use of this assessment. Translation: Legal jargon for this wacky world in which we live. Use the tool, but don't stake your life on it.

Apology Cheat Sheet

What NOT to Say When You Apologize

"Haven't you gotten over that yet?"

"I am sorry that you were offended."

"I should be excused because I . . ."

"You're too sensitive. I was only joking."

"What's the big deal?"

"Give me a break."

"You just need to get over it."

"Well, there's nothing I can do about that now. I can't change the past."

What TO Say When You Apologize

"I'd like to circle back to (name the issue). I realize I didn't say (or do) things the right way, and I apologize for that."

"I am so sorry."

"I did it, and I have no excuse."

"I've damaged your trust."

"I was careless, insensitive, thoughtless, or rude."

"I will do the work to fix my mistake going forward."

"You have every right to be upset."

"My mistake is part of a pattern I need to change. I promise I'll work on it."

"I will rebuild your trust by . . ."

"I've put you in a very difficult position."

"I know that I need to show you how I will change."

"Will you please forgive me?"

Verses to Memorize

We live in a look-it-up culture. Who won the 2010 Super Bowl? Look it up. What's the best route to drive to the game? Look it up. How do I calculate my GPA? Look it up.

For lots of the quick info we use during the day, that's a stellar approach. You can keep your mental space clear by letting your iPhone do the grinding work in the moment. However, that approach does not work in the relational domain. We need God's Word embedded in our minds and hearts so that in the moment, the Holy Spirit can prompt us with the truths we need in the moment.

For those readers who look to the Bible for guidance on relationships, you can pick a few favorite verses below to tattoo on your brain. To help you memorize them, write them in a prominent place where you'll see them, whether that's your screen saver on your phone, a note on your laptop, or an index card on your bathroom mirror. We need these regular reminders so that when relational conflicts arise, the first thing we see is not social media but a timeless principle from God's Word. The verses below are all from the New International Version.

DRAMA

“Blessed are the peacemakers, for they will be called children of God” (Matthew 5:9).

“If it is possible, as far as it depends on you, live at peace with everyone” (Romans 12:18).

“Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge; I will repay,’ says the Lord” (Romans 12:19).

ANGER

“‘In your anger do not sin’: Do not let the sun go down while you are still angry” (Ephesians 4:26).

“Fools give full vent to their rage, but the wise bring calm in the end” (Proverbs 29:11).

“A quick-tempered person does foolish things, and the one who devises evil schemes is hated” (Proverbs 14:17).

FORGIVENESS

“Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends” (Proverbs 17:9).

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you” (Colossians 3:13).

WORDS

“Sin is not ended by multiplying words, but the prudent hold their tongues” (Proverbs 10:19).

“The words of the reckless pierce like swords, but the tongue of the wise brings healing” (Proverbs 12:18).

“Without wood a fire goes out; without a gossip a quarrel dies down” (Proverbs 26:20).

LISTENING

“To answer before listening—that is folly and shame” (Proverbs 18:13).

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry” (James 1:19).

“The way of fools seems right to them, but the wise listen to advice” (Proverbs 12:15).

FREEDOM

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery” (Galatians 5:1).

“I have come that they may have life, and have it to the full” (John 10:10b).

“So if the Son sets you free, you will be free indeed” (John 8:36).