Presented by Student Health & Counseling Services
Week 10 - Healthy Apologies
Let’s Stretch . . .
A Few Group Guidelines

- Please mute your audio and type any questions into the chat box.
- Your video can be off or on, whatever makes you most comfortable.
- Confidentiality, and Zoom limitations.
- Sharing (Headlines not details).
- Chat privately for specific needs.
Community Ground Rules

● Vegas Rule - What is shared or said in the group, stays in the group
● Be respectful of others and what they are sharing in group
● Don’t assume someone wants feedback or advice on what they share, ask before you offer that input
● Trigger Warnings
Introductions:
Share your name, year @ CSUEB, major & favorite Halloween Costume and Candy?
Intentions for today’s Group:

● DARVO Review
● Anatomy of a genuine apology
DARVO: Recognizing a Pattern of Gaslighting

Deny, Attack, and Reverse Victim & Offender

“Why are you trying to ruin my life?”

“I’m the real victim here!”

“It was just a misunderstanding!”

“Wow, you’re crazy if you think I would do that”

“That didn’t happen!”

“It wasn’t that serious! Why are you making a big deal of this?”
Discussion: How do we apologize effectively?

Everyone makes mistakes! This is inevitable.
Anatomy of an Apology: Developed by Rania El Mugammar

**Acknowledgement**

This happened - critical in the context of a world that gaslights individuals/communities into believing that their experiences are fragmented incidents and not part of a larger system that supports and enables violence and marginalization of their communities.

**Emotional Uptake**

Creating space for folks to feel their feelings, without being policed on the appropriateness, validity, duration and intensity of their emotional response.

**Center the Hurt**

It’s not about our feelings of guilt, but about the feelings and needs of those we have harmed. Those we’ve harmed shouldn’t have to support us during an apology, nor should they have to coach or cheer for us.

**Accountability + Changed Behavior**

Taking ownership of our actions, naming and understanding them and changing the identified problematic behaviors, patterns, thoughts and words. Not providing irrelevant context/justification to minimize the impact of our actions.

**Divest From Forgiveness**

Invest in the labor of reconciliation, divorced from appeasing our feelings of guilt and focusing on healing and supporting those we’ve harmed. Apologize without forgiveness as a target, but healing, regardless of whether we’re forgiven or not.
Take Care and Stay Safe!

- Thank you for joining us today!
- Check-Out Reflection:
  - What is one thing you are taking from the group this week?
- Please use the same link to return next week
thank you