

4 reasons to immediately remove the word 'sorry' in your vocabulary

Here are 4 reasons to eliminate right away from apologizing in your vocabulary.

When I stepped into my boss's office, I was greeted by my boss with a high concentration of work, hard-hitting keyboard strokes, eyes glued to the computer screen. I said " *Becky, sorry for bothering you but .*"

When I was about to board the DC train at rush hour, I was pushed onto the train by the hustle and bustle. I clamped my bag between my legs, hands up the railing to keep my balance and started a long journey back home. Naturally, the hand of a passenger grazed my hand. Again I said **sorry** .

I say sorry at least 15 times a day, whether I am sorry or not. It has become a familiar word in my dictionary.



O people with " *chronic* " apology like me, why do we do that?

A general hypothesis for this case, a relatively accurate explanation that we are too abusive of the word "sorry", which we think is rude is really terrible - especially for women - that we need to make ourselves less vulgar before others speak up. In addition, we also say sorry to show humility and a way to avoid or end conflicts quickly.

Here are some of the reasons we should consider when, why and how to say sorry and if possible remove it right away from your vocabulary:

1. It reduces the value of apology



When we apologize too easily and too often, or apologize for things that are clearly not our fault, that are beyond our control, or that it is not worthy of apology. then we are losing the meaning and value of a sincere apology.

The point here is when saying sorry so much, making apologies become trivial, making important things less "weight". Be careful when using the word apology - use it only in cases where it is absolutely necessary.

2. We lower our self-worth when we apologize too often



Most people often equate that saying apology is humility. We always think that an arrogant person can insult someone and say sorry. However, the interesting thing is when we apologize in inappropriate situations. We affirm that everyone is more valuable than us. That means you are lowering your self-esteem.

There is nothing wrong with a person who is confident, self-protected because he is not responsible for the mistakes of others. You deserve to be recognized as everyone you meet. Don't lose the value of your best friend.

Next time, if anyone bumps into you, forget the apology and instead look sympathetic. It will be more effective than that.

3. Sorry to improve the situation but not resolve the conflict.



This is especially true for those who do not like to confront and will do anything to avoid conflict. We will quickly make an "apology" to quell the controversy before it starts happening. This may be necessary in some cases, but sometimes we need to be "tough" and "strong" to resolve real conflicts.

Saying sorry can also be a way to distort the situation. We use it as an attempt to avoid mentioning a certain topic or face troublesome acts or things. How many times have we heard or said " *What the hell am I so sorry about?* " This is a common way to use a "light" (or dishonest) apology to fill. Ick contradiction has not been resolved.

4. Sorry to make you become - TRADE!



A person who often says sorry, especially at work, will quickly be judged and attached to be a pity. This leaves a bad impression for everyone that you are a faulty, incompetent and weak person.

In fact, too much apology can affect self-esteem and self-awareness. That is the law of self-improvement. The more you say sorry, the more you believe and abuse it, making yourself pitiful.

The challenge for you:

Please try not to say sorry for 24 hours. That doesn't mean you don't apologize when you're wrong. Please be responsible and apologize without using the word "sorry".

Here is a word / phrase that can help you overcome this challenge:

1. "Annoy you"
2. "Thank you"
3. "I am so sorry ."
4. "Unluckily ."
5. "It's so sad"
6. "Silence"

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