

# OFFICIAL



# APOLOGY

Fill in all parts of this form in black pen only. Put a tick in the boxes for a YES answer and a cross in the boxes for a NO answer or does not apply. All boxes MUST be marked with either a tick or a cross. The more boxes you tick the better.

Fill in the questionnaire on this side of the form in percentages. Where 0% is the least amount and 100% is the most. The answers you give here will let the offended person know how sincere you are about your apology, so honesty is important.

**From:**.....

**To:**.....

**Date of offence:**.....

**Time of offence:**.....

**Offender's age:**.....

**Offender's date of birth:**.....

**Are you the offender?**

**Offender's name.** If you are apologising for someone else give their name:  
.....

**My offence was:**

- Verbal
- Gesture
- Written
- Other
- All of the above

**Level of offence:**

- Some
- Quite a bit
- About average
- A lot
- A shit load

**What type of offence did you commit?**

- I was Rude
- I was Abusive
- I was Loud
- I was Surly
- I was Lying
- I was Childish
- I was Shouting
- I was Swearing
- I was Foolish
- I was Boorish
- I was Drunk
- I was Obtuse
- I was Mad
- I was Oafish
- I was Pushy
- I was Crazy
- I was Lazy
- I was Stupid
- I was Bad
- I was Angry
- I was Pompous

**How do you feel about your dreadful behaviour?**

- I feel Bad
- I feel Embarrassed
- I feel Stupid
- I feel Sorry
- I feel Ashamed
- I feel Guilty
- I feel Foolish
- I feel Daft
- I feel Petty
- I feel Dirty
- I feel Pathetic
- I feel Small
- I feel Repentant
- I feel Absurd
- I feel Deranged
- I feel Remorseful
- I feel Contrite
- I feel Cheap
- I feel Squalid
- I feel Nasty
- I feel Sordid

- How sorry are you? .....
- Will you do it again?.....
- How sure are you about that? .....
- You have feelings of insecurity? .....
- You tell lies to make yourself feel big and important?.....
- You find it easy to apologise when you mess up? .....
- Failure has a profound effect on you? .....
- You feel like a big failure? .....
- You envy those who are more successful than you? .....
- You are very self-righteous and pompous? .....
- You find it easy to tell lies? .....
- You are afraid of hard work? .....
- How ashamed are you for what you just did? .....
- Do you prefer men or women? .....
- You think life owes you a living? .....
- Travel improves the mind? .....
- How inferior do you feel?.....
- You have bouts of self-loathing? .....
- You fantasise a lot? .....
- You hate your parents? .....
- You feel hard done by? .....
- You hate those more intelligent than you? .....
- You have wasted your life? .....
- Drink makes you feel big and strong? .....
- You think people laugh at you behind your back? .....
- You often feel inadequate and small? .....
- Lower case words frighten you? .....
- You are very untrustworthy? .....
- You have a lot of regrets about choices you have made? .....
- You can be very spiteful sometimes? .....
- You bully people to cover up your ignorance? .....
- You hear voices when no one is there? .....
- You wish you worked harder at school? .....
- You really believe you are a doctor? .....
- You will try harder to please? .....
- Praying works? .....
- Honesty is the best policy? .....
- You have anger management issues? .....
- The chances you will be forgiven are about? .....
- But in reality it's more like? .....
- You will make good for what you did? .....
- You will do as you are told from now on? .....
- That's the whole truth?.....
- And nothing but the truth? .....
- You need serious counselling? .....

**Signed**..... **Date**.....

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Now is your chance to actually give your personal apology for your rotten and idiotic behaviour. You've been a bore and a complete ass so let the other person know just how sorry you are.

You also get the chance to set out what happened and give your side of the story. Just what made you act up in such a foolish way? You must fill all the boxes to show you mean it.

Is this your first offence? Yes  No  If not how many times have you been offensive before?  times

This is where you give a full account of what you did that was so offensive:

This is where you give a full and unreserved apology for your idiotic and bad mannered offence :

This is where you state what you are going to do to make up for your offence and what action you will take to make sure you never behave in such a stupid way again:

Signed.....Date.....

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# APOLOGY

Talk is cheap. This is where you show you have learned your lesson and state clearly that you will never be offensive again.

Write: **I am so sorry and will not be offensive ever again** in your best handwriting on every line below.

When you have finished, check all the pages for mistakes. If you have not filled out the form correctly you will have to do it all over again and again until you get it right. Saying sorry has to be done in the proper way.

Dotted lines for writing the apology.

Dotted lines for writing the apology.

Signed..... Date..... Witnessed by..... Date.....