

Apology Letter for Conflict Resolution

According to Sande's (2002) Peacemakers in Training manual, conflict resolution has several parts. One part includes making the right choices in a conflict and applying the principles of honesty, change, and forgiveness (Sande, 2002). Change is understanding you made a choice that is harmful and you are willing to take responsibility and you want to behave differently (Sande, 2002). Honesty, is openly admitting, to the people you have hurt or offended, you know you were wrong. Forgiveness is making a commitment to not hold a grudge against another person (Sande, 2002). These are illustrated by Sande's 5A's for conflict resolution.

5A's:

1. Admit
2. Apologize
3. Accept (the consequences)
4. Ask (for forgiveness)
5. Alter (your choices)

Using the 5A's write out an admission that you could give to ."

1. "I admit I was wrong when I hurt into your room and opened the girls locker room."
2. "I am sorry for invading your privacy and causing you stress."
3. "I understand why I am in trouble for doing this."
4. "Will you please forgive me?"
5. "Next time I will not enter for privacy."

Kash

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5A's:

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Using the 5A's write out an admission that you could give to Mrs. [REDACTED]

1. "I admit I was wrong when I went into your office."
2. "I am sorry for invalidating ~~asking~~ without asking your privacy and causing your more trouble to deal with."
3. "I understand why I am spending a day" in the office
4. "Will you please forgive me?"
5. "Next time I will consider your your feelings and privacy and everyone's else's."

Taylor

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5. Alter (your choices)

Using the 5A's write out an admission that you could give to Mrs. [REDACTED]."

1. "I admit I was wrong when I went through your office."
2. "I am sorry for evading your privacy
and causing you stress."
3. "I understand why i got in trouble for doing
this."
4. "Will you please forgive me?"
5. "Next time I will not evade your privacy."

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Using the 5A's write out an admission that you could give to Mrs. [redacted].

1. "I admit I was wrong when I went into our locker room
and walking through coaches room."
2. "I am sorry for disobeying the rules and giving you all of
this stress and extra work."
3. "I understand why I am in trouble for what I did."
4. "Will you please forgive me? please"
5. "Next time I will be more of a leader and make
better decisions."

Dear Weiser Girls Basketball,

I am sorry for everything that happened on Tuesday. I understand how it made your team feel, considering that you lost a nice basketball, your stuff was gone through, and the photos taken on some of your players' phones. I realized that my choices were wrong and disrespectful. I hope your ball shows up or that we can replace it. I know that the trust for the Me and the students that did this is broken and cannot be rebuilt, but I am asking for forgiveness from your team, and i hope the bad reputation can be lifted from Payette lakes middle school.

Sincerely,

PLMS Student

Phish Alert

Share to Teams

Zoom

Email for Weiser

KT Kash [redacted]

To: ✓ Jacob Olson



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Fri 11/14/2025 2:23 PM

Start reply with:

No problems at all.

No problem, I understand.

No need to apologize.

Dear Weiser,

I made a mistake by messing with your team's stuff and I'm very sorry, I hope your basketball shows up. I hope you can forgive me, my friends, and school. This will not happen again.

Sincerely Kash,

Kash [redacted]

7th Grade

Payette Lakes Middle School

← Reply

→ Forward