

SENIOR MOMENTS
By *jean cherni* Column for 02/14/2010

SOMETIMES FLOWERS AND CANDY AREN'T ENOUGH

With what seems to be an ever increasing number of revelations of straying or erring husbands in the news recently, the usual Valentine offerings of candy and flowers might well prove inadequate as peace offerings. To the rescue, comes a web site called “apology pros.com” which could be of help to other roaming but regretful Lotharios. The site explains that since apologies are difficult, in order to find the right words or perform the necessary actions, you might need a coach. Among the various transgressions, apology pros admit that cheating on a partner is a big one. Frankly, other than embezzlement or a hit and run involving a police officer, I can't think of a bigger one.

Some suggested steps to take if you have strayed:

1. Realize that something is wrong or missing from your current relationship. (I'm no expert but in the case of a habitual, serial cheat like Tiger Woods, the problem is not just in the relationship.)
2. Communicate. You need to re-prove yourself over a long period of time. If you are going out and say you will be home by eleven, be sure to do so. (If I were married to a consummate liar like John Edwards, nothing short of one of those tracer bracelets worn by parolees, would suffice.)
3. Do not communicate with the “other party”; admittedly difficult when the person you cheated with is a co-worker, neighbor or friend. (In that case, having a lover in say, Argentina, would seem ideal unless you happen to be the Governor of South Carolina and leave for a tryst without appointing someone to take over during your absence.)

The web site also advises patience since it takes a moment to break down trust but a lifetime to re-build it. Just in case things don't work out, however, I did

notice there is a handy sponsored link to “Ask a Lawyer”. As to the elements of a true apology, it is suggested that you:

- a. Be sincere. Make sure you are *truly* sorry.
- b. State your apology without making excuses. Excusing the action, removes the sincerity.(Again John Edwards gave a stellar example of a bungled apology when he attempted to explain that at the time of his affair, his wife’s cancer, was after all, in remission.)
- c. Promise to do better. (Somehow, Governor Mark Sanford who said that although he had found his soul mate in Argentina, he would try hard to fall back in love with his wife, badly messed up on that one. No wonder his wife moved out.)

For us ordinary mortals, there are 30-40 different types of apology letters, most available for just \$7.99. Among the various “business apology letters” offered is one for a “defective, damaged or incomplete product”. Toyota could sure use that one just now. Also, a sign of the times, is the apology letter used when announcing a lay-off. There are “fill in the blanks” apology letters for under \$15.00 or a selection of recordings like, “Who’s Sorry Now” vocal by Connie Francis, “Please Forgive Me” with Bryan Adams or Brenda Lee’s, “I’m Sorry”. Of course, again, for only \$7.99, there are several especially for Valentine’s Day. While the internet is certainly a useful tool in many circumstances, I know that the Valentines I have kept and cherished were the simple, hand-made, chocolate stained ones from my daughter or the concise but obviously his own simple words of “I love you” from my dear husband of few words. While I disagree with the premise of that romantic movie, “Love Story”.... “Love means never having to say, you’re sorry”, I would advise would be lovers to avoid words or situations you may have to apologize later for and if an apology is needed, your own stumbling words, if sincere, are probably

best. Happy Valentine's Day, dear readers.