

Column A: Asking for Consent

Column B: Apology/Accountability Statements

	DOs
<i>"Do you like when I...?" / "I like when you..."</i>	<i>"I didn't realize you felt that way. Please tell me more, I want to understand."</i>
<i>"Are you comfortable?"</i>	<i>"I'm so sorry that I did ----name specific act----. I know I can't change things, but please let me know if there's anything I can do to support you through this."</i>
<i>"Are you sure you're ready for this?"</i>	<i>"What can I do?"</i>
<i>"Do you want to go further?"</i>	<i>"I'm so sorry that I hurt you."</i>
<i>"Do you want to stop?"</i>	<i>"Thank you for telling me."</i>
<i>"Can I...?"</i>	<i>"You're right, what I did was not ok."</i>
<i>"Does this feel good?"</i>	<i>"I'm listening."</i>
<i>"Are you ok?"</i>	<i>"It's ok if you don't forgive me. I just wanted to say how sorry I am."</i>
<i>"I don't like when you..."</i>	<i>"I know that even though I didn't mean to, I really hurt you. I'm so glad you told me. How can I help you through this?"</i>
<i>"Can I give you a hug?"</i>	<i>"There's no excuse for what I did."</i>
	<i>"I'm going to stop doing..."</i>
	<i>"I'm going to begin..."</i>
	DONTs
	<i>"IF I hurt you, then..."</i>
	<i>"I'm sorry that you feel that way..."</i>
	<i>"I'm sorry IF I did something wrong..."</i>