

A stylized illustration of a hand holding a white cloth. The hand is drawn with thick dark blue outlines. The cloth is white with several instances of the words "SORRY NOT SORRY" written on it in red, slanted capital letters. One instance is significantly larger and bolder than the others. The background is a light blue color.

HOW TO STOP SAYING SORRY

SORRY NOT SORRY
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Sorry to say (*oops*) but apologizing too much diminishes credibility and undercuts confidence. This quick guide & quiz will help identify moments where we all need a little help to stop saying sorry.

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Someone else bumps into you.



SORRY

NOT SORRY

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TRY AGAIN

NOT SORRY

Hold them in a headlock until
they apologize.



You're not romantically interested.



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TRY AGAIN

NOT SORRY

Don't pull that "it's not you, it's me" crap,
it was always them.



You don't feel like going out.



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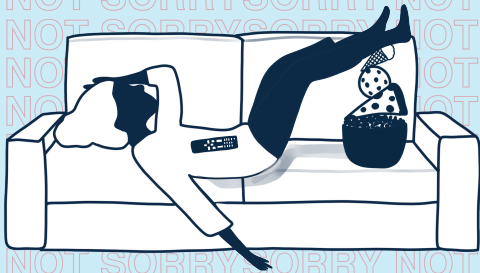


SORRY

TRY AGAIN

NOT SORRY

Netflix & chill is way more fun anyways.



You're lost.



SORRY

NOT SORRY

SORRY

TRY AGAIN

NOT SORRY

Ask a local & if you're still unsure,
walk in a direction with confidence.



You're negotiating a raise.



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TRY AGAIN

NOT SORRY

Get that money (honey).



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Sorry Not Sorry Results

5 sorrys: Get a backbone.

3+ sorrys: You're not trying hard enough.

1-2 sorrys: There may be hope for you.

0 sorrys: Mastered, 0 sorrys given.

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NOT SORRY
NOT SORRY
HAVE A NICE DAY
NOT SORRY
NOT SORRY
NOT SORRY

**STILL
NOT
SORRY**