

## Twitter Thread by Stephanie Hurlburt



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**Today therapist talked about how to make up for hurting someone**

**- There is no universal thing you can do (ie apologizing)— you must ask or figure out what's best for that person**

**- Be prepared for that action to hurt. Making things right may make you feel awful. It's not about you**

Examples of ways making up for your actions and doing the right thing can hurt

- Giving the person space
- Facing legal consequences
- Leaving a job
- Making reparations that are time consuming and draining
- Accepting that you may never be able to make it right but trying anyway

So in other words, being a compassionate and good person often doesn't feel very pleasant. You do it because it aligns with your values, not for an emotional high.

Side-eyeing so many tech communities right now