

# 5 steps to try to repair your reputation

By: [Brianna Wunsch](#)

Are you suffering from a situation in which your reputation was damaged? It can be stressful and tough to deal with. But there are ways to improve it.

[Dr. Andrew Pahl](#), an internal medicine doctor at Aurora Health Center in Kaukauna, Wis., has coached various patients through difficult seasons in their lives, and in doing so, has learned what can help.

1. **Say you're sorry if you were in the wrong and be sincere about it.**  
Saying you're sorry doesn't make you look weak. It makes you look responsible. Make a plan for how you intend to repair the situation. "Explain where you went wrong so they know you understand what happened," says Dr. Pahl. "Then let them know what you're going to do in the future to correct it or make up for it."

2. **Consistency is key.**  
If the mistake was large enough, it will take time for people to trust you again. Being genuinely consistent in your plan, your words and your actions are the cornerstones of restoring your reputation. "I tell people to make and post encouraging notes where you can easily see them that remind you of your goal," Dr. Pahl says. "It's a great way to keep yourself on track."

3. **Find a trustworthy listening ear.**  
"It's important to remember that you're not alone in this," says Dr. Pahl. "Work on making it right, but don't think less of yourself because of it. Everybody makes mistakes." You may feel there is no way you can confide in somebody about what you did to damage your reputation but putting those feelings aside and talking to a person you trust or a therapist about what happened can be cathartic and enlightening.

4. **Ignore the negative commentary.**  
People talk, and there is nothing you can do about that. However, you don't have to accept invitations to negativity parties. Though it may be difficult, train yourself to tune out those comments and keep pushing on toward your plan of self-betterment.

5. **Learn from the situation.**  
Nothing teaches better than mistakes. And chances are, if you make a big mistake, you probably won't make it again. And if they're just not ready to get over it, be at peace knowing you did everything you could to make amends.

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Wishing you joy and good health,  
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