

# Levi Johnston Makes Nice with the Palins



After many months of a bitter war of words, Levi Johnston apologized to Bristol Palin and her parents last week. Talking exclusively with [People](#), Johnston said, “Last year, after Bristol and I broke up, I was unhappy and a little angry. Unfortunately, against my better judgment, I publicly said things about the Palins that were not completely true.” He continued, “I have already privately apologized to Todd and Sarah. Since my statements were public, I owe it to the Palins to publicly apologize.” Johnston is the father of Bristol Palin’s one-year old son, Tripp. The two called it quits in March 2009 after campaigning together during Sarah Palin’s 2008 vice presidential run. The two are making a conscious effort to reconcile and do what’s best for the baby.

## What's the best way to mend a relationship with your ex and his or her family?

### Cupid's Advice:

It's unfortunate that a breakup can sometimes lead to exchanging harsh words, not only between the couple, but by the entire family. Here's Cupid's advice on making amends:

**1. Accept responsibility:** Being aware that something you said or did was wrong makes your apology more genuine. Explain this, and reassure the family it won't happen again. No one is perfect, and everyone makes mistakes.

**2. It's really about you and your partner:** Before you can move onto the family, make sure both of you can forgive each other, and understand what you want out of the relationship.

Trusting each other, despite being exes, should always come first.

**3. Children are key:** If children are involved, as is the case with the Palins, reconciliation is even more important.

Everyone can agree that it's important to create a healthy environment for the child.