

# Think Sheet

Name:

Date of Incident:

1. What rule did you break? Write or describe the specific rule that was broken.
2. Why did you break the rule?
3. How did breaking the rule affect others?
4. How did breaking the rule make you feel?
5. What could you have done differently?
6. How can you make amends or fix the situation?
7. What have you learned from this experience?
8. How can you prevent similar rule-breaking in the future? List strategies or plans to avoid repeating the same behavior.
9. What steps will you take to improve and follow the rules?
10. Is there anything else you would like to share or discuss?