

Think Sheet

Name:

Date:

1. What happened?
2. What were you thinking at the time?
3. How did it make you feel?
4. Who do you think was affected by this situation?
5. How do you think your actions impacted others?
6. What do you think needs to happen to make things right?
7. What can you do to repair the harm caused?
8. How can you prevent a similar situation from happening in the future?
9. What support do you need to move forward and make amends?

SIGNATURES: