



## My Reflections

This is for you alone. You will not need to or be asked to share it with any other. But you are encouraged and welcome to share it with anyone you choose. Please use the back of this sheet if you need more space to write.

1. How are you feeling about what just happened? Examine whether you have many different feelings. If so, be sure to list all of them.

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2. Why are you feeling this way? Were there any situations before this happened that contributed to your feelings?

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3. What would help you feel better? Who might help you feel better?

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4. What harm did you cause? Did you hurt another's feelings? Did you hurt any physical objects?

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5. You always have a chance to make a better choice. How can you help repair the harm you've done?

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6. If this situation were to occur again, how could you make different choices that would not cause harm? What could you do instead? Set a positive goal for yourself for the next time.

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