Name: ____________________________ Date: ____________________

THINKING ABOUT MY BEHAVIOR WILL HELP ME MAKE A BETTER CHOICE NEXT TIME!

Behavior (What happened?) ____________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Who was involved? ________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Why is this behavior not acceptable? _________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

How I felt:  
○ Mad          ○ Sad          ○ Frustrated          ○ Lonely  
○ Hurt         ○ Confused     ○ Scared             ○ Jealous

A better thing to do when this happens again? ________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

Making Amends
○ If another person was affected by this behavior I apologized to them, explained why the behavior was wrong, discussed how it made them feel and promised to correct this behavior in the future.

Here is what I will do to correct this behavior in the future: ____________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________