WORKSHEET **Kind Repair**

Use this for any mistake, big or small, that the critic won't let go of.

What happened, in one plain sentence: _____

What the critic is saying, word for word: _____

Guilt, impossible math or shame? _____

If shame, rewrite "I am" as "I did": _____

1. Own it: _____

2. Fix what I can (or how I'll repair forward): _____

3. The one thing I learned: _____

4. My letting-go sentence: _____

When it's done, tick what's true:

☐ I said sorry, if someone was hurt.
☐ I've done what I can to fix it.
☐ I put down any impossible math.
☐ I know the one thing I'll do differently.
☐ I've said my letting-go sentence out loud.
☐ I've done one kind thing for her afterward.

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