WORKSHEET What's Mine to Fix?

Pick one moment where part of the problem really was yours.

What happened (only what a camera could record): _____

What was mine (be specific and fair): _____

What was theirs: _____

What was shared: _____

The guilt sentence (about the act): "I _____"

The shame sentence I caught (about me): "I'm _____"

My four-part apology:

1. What I did: _____

2. The impact: _____

3. My repair: _____

4. What changes: _____

What I'd say to a friend in my place: _____

☐ I left out "if," "but" and "you feel that way."
☐ I apologized once, clearly.
☐ I've done, or scheduled, the repair.

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