

Name: _____

Have you ever done something to another person that you regretted? Did you wish you could just take it all back? It may be too late to take it back, but it's not too late to make amends. Making amends is more than saying you're sorry. Making amends is trying to make things better between you and the person you hurt. But like so many other things, learning how to make amends takes practice.

Think of a time when something you said or did hurt a friend or sibling. With an adult family member, figure out a plan to make amends. Analyze the situation and what you can do about it in the space below. When you're done, practice your best option with that family member.

1. Analyze the situation.

What was the problem? _____

How did you feel? _____

How do you think your friend felt? _____

2. Brainstorm options for making amends.

3. Consider each option.

What might happen if I do this? _____

Is it safe? _____

How might people feel about it? _____

Is it ethical? _____

4. Decide on the best option. _____

5. Do the best option. Create a plan.

6. Practice your plan with an adult.

This homework assignment was completed on _____ (date) _____ [adult] signature