

BEHAVIOR REFLECTION SHEET

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: _____
