

**EXERCISE: Making Reparations for Hurting Someone**

Worksheet 15.8 can help you make your personal plan to make amends for hurting someone.

**WORKSHEET 15.8. Making Reparations for Hurting Someone**

This is who I hurt:

This is what I did that was hurtful:

This is why it was wrong (my values that I violated):

This is what I can do to make amends:

This is what I can say to the person I hurt:

I realize when I (describe the action or behavior here)

---

this hurt you. This was wrong because

---

I'm sorry I did this. I want to do

---

to let you know how truly sorry I am, and I hope that you can forgive me in time.