

FAMILY REFLECTION SHEET

Date: _____

Family member completing this form: _____

REFLECT:

What is my feeling right now?

What happened that upset me? What was the trigger?

What did I do that was wrong?

How did it make the other person feel?

REHEARSE:

What could I have done differently?

How can I practice this better way of handling it?

REPAIR:

How can I fix this with the other person? What is my plan for repairing it?

REINSTATE:

Privileges return once I have completed the reflection sheet and taken steps to rehearse and repair.