

# Family Reflection Sheet

Family member: \_\_\_\_\_

Date: \_\_\_\_\_

**RESET:** Am I at a 5 or less? Calm enough to begin the work of repairing my mistake? If > 5, wait!

**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 the necessary steps to rehearse and repair.

***NOTE:*** Some behaviors hurt trust, and parents may need time for trust to be restored before they can restore certain privileges.