

**Own Your Mistakes and Make a Plan.** At the end of this exercise, do you truly feel that you knowingly or unknowingly did things that directly caused harm to someone else? If yes, the following questions might help you to plan a constructive way to make amends, if possible, or to try to avoid this type of outcome in the future. Use the activities in the Goal Setting section of the website to set a goal to act on that plan.

1. Is there anything you can do now that may restore or make up for what happened? If so, what? \_\_\_\_\_

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2. Is there anything you can do that may make it easier to grieve for those who have been hurt or harmed by what happened? If so, what? \_\_\_\_\_

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3. Is there anything you are afraid to tell others about what happened? Would you feel more at peace and honest or would it help others to heal if you told them about it? \_\_\_\_\_

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4. Can you think of any lessons you have learned from this event in hindsight? Are there specific things you can now do that may prevent problems in the future? \_\_\_\_\_

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5. Regardless of whether you can do anything to make amends to those who were affected by your actions, are there things you can do that may help others with similar problems?

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6. Once you have acted on your plan to make amends or take positive action about what you have done, can you forgive yourself? \_\_\_\_\_

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