This worksheet has been assigned to you because you chose to break a rule. Answer each question then review your answers with the adult that assigned it to you.

1. Which rule did you choose to break?

2. Explain the events that led up to you choosing to break this rule.

3. Why do you think it is important to follow this rule?

4. What do you think the consequences should be for breaking this rule?

5. How do you plan to regain trust with the person (or people) you hurt?

6. What alternatives did you have besides breaking this rule?

7. Write an apology to the person (or people) who were affected by your behavior.