



This isn't a punishment. It's a chance to think — when our brain is calm — about something that didn't go the way we wanted, and what we'd like to try next time.

What happened?

Tell the story like a reporter — facts, not blame.

What was I feeling?

What was happening inside my body and heart?

What did I do?

What did I say or do because of those feelings?

What did I want to happen?

What would have been better?

What can I do differently next time?

Even one small thing.

Is there anyone I want to make it right with?

And how — words, an apology, a kind action?
