Name:	Date:
BEHAVIOR REFLEC	CTION SHEET
What happened? Be specific.	
What were you thinking at the time? How are you feeling now?	
Who was affected and/or harmed? How	w?
What can you take responsibility for?	
What are one or two things you can do	o to make things right?
What learning do you think can come fr	rom this?

Anything else?