

Make a Repair After Mistakes

Teens and supportive adults | Teens 13+ | 10 to 15 minutes

Respond to a mistake with accountability and a realistic repair action.

A mistake can need attention without defining your entire character. Choose a manageable situation, such as missing an agreement or snapping at someone. The goal is to understand your action, repair what you can, and plan for the next time.

Describe the action without a label

Write what you did rather than "I am a terrible person." Notice the context without turning it into an excuse. For example, being overwhelmed may explain why you snapped, but the other person may still have been hurt.

Identify what can be repaired

You might apologize, replace something, clarify information, or change a future action. Ask what would be helpful without making the other person responsible for making you feel better. They do not have to forgive immediately.

Build a next-time plan

Choose a cue and a small response: "When I notice I am about to send an angry message, I will save it as a draft and ask for a break." Get adult help if the situation involves threats, coercion, or safety.

What I did and the impact I understand

Context I need to understand without excusing the behavior

A repair action I can offer

My cue and a different response for next time