



# RESTORATIVE PRACTICES

## Reflection Questions



This activity is designed to help you reflect on a situation that may have hurt you or someone else. By carefully considering what happened, your thoughts and feelings, and the impact on those involved, you can gain valuable insights and identify steps towards making things right. Please take a few minutes to answer the following questions thoughtfully and honestly. Your responses will help you understand the situation better and develop a plan for restorative action.

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1. What happened? (*stick to the facts*)

2. What were you thinking at the time?

3. What have you thought about since?

4. Who was affected by what happened? How were they affected?

5. What could you do to make things right?

