Justifications

Exercise: Identifying and challenging your justifications

| Your justification | The other person's response |
|--|--|
| I'm dealing with a lot of stress and need to unwind. | It is important for me to manage my stress in a healthy way that does not harm others. Every time I engage in this behaviour, it is very harmful to children and myself. |
| | |
| | |
| | |
| | |
| | |