



I'm sorry

nonsequitur

SOCIAL ACUPUNCTURE

To:

Date:

From:

Subject:

✦ ☐ **I made a mistake** ☐ **It was my fault** ☐ **I was wrong** take responsibility

Describe what you did

✦ **I'm sorry for...** type of violation

☐ assuming ☐ avoiding ☐ behaviour ☐ _____ist/phobic comment other: _____

✦ **It was...** type of impact

☐ betraying ☐ condescending ☐ demeaning ☐ disrespectful ☐ harmful ☐ humiliating
☐ invalidating ☐ irresponsible ☐ mean ☐ rude ☐ untruthful other: _____

✦ **In the future...** commit to change

Share your plan to improve

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