

I am so 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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