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"What do you want to apologise for...?"

4. Self Responsibility Skills

It's normal in families under some stress to behave in ways that negatively impacts on other family members. Whether you are the parent or the child, it is important that we learn how to repair relationships when this happens. Use the steps below.

Gather your family in a circle and take turns to answer the following questions.

Step 1.

Answer the question "What is something you would like to say sorry for?" e.g. "Kids, I'm sorry I yelled at you this morning" or "Mum, I'm sorry I didn't do the dishes".

Step 2.

Ask this question to people who were affected by what you did "How did it make you feel?" e.g. "When you yell at me, I feel scared" or "I felt let down and overwhelmed"

Step 3.

The person who said sorry now answers the question "How will you make it right moving forward?" e.g. "Next time I feel frustrated I will say how I'm feeling instead of yelling" or "I will fix it by doing the dishes now"

What works best?

- ✓ **Each person speaks for themselves. It's not an opportunity for others to tell you what you have done wrong**
- ✓ **Be kind to each other. Some people find it hard to say sorry and people might not feel safe to do it again if they get attacked or punished**
- ✓ **Let each person come up with their own solution. If they own it they might just do it**

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