

BROKEN RULE ASSIGNMENT

Assign this worksheet to your child whenever he or she breaks a rule (being careful not to overuse it)
Discuss your child's answers with him or her afterwards.

1. Which rule did you choose to break?

2. Explain the events that led up to you breaking the rule.

3. Why do you think it is important to follow this rule?

4. What do you think the consequence should be next time you break this rule?

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5. How do you plan to regain trust after breaking this rule?

6. What other choices could you have made besides breaking this rule?

7. List all of the individuals that were affected by your behavior?

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8. Write an apology to the person(s) most affected by your behavior.
