

## Apologizing

1. Decide if it would be best for you to apologize for something you said or did
2. Think of the different ways you could apologize
3. Choose the best time and place to apologize
4. Make your apology

## Apologizing

1. Decide if it would be best for you to apologize for something you said or did
2. Think of the different ways you could apologize
3. Choose the best time and place to apologize
4. Make your apology

6

## Apologizing

1. Decide if it would be best for you to apologize for something you said or did
2. Think of the different ways you could apologize
3. Choose the best time and place to apologize
4. Make your apology

## Apologizing

1. Decide if it would be best for you to apologize for something you said or did
2. Think of the different ways you could apologize
3. Choose the best time and place to apologize
4. Make your apology

6



Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Homework Sheet: Lesson 13

*Fill in first three sections before leaving the session.*

**Skill to practice:** \_\_\_\_\_

**Anticipated Situation:**

**With Whom?** \_\_\_\_\_

**When?** \_\_\_\_\_

**Where?** \_\_\_\_\_

**Steps to follow (Write down each step of the social skill):**

1.

4.

2.

5.

3.

6.

*Fill in after doing your homework.*

**Thinking Check-in:**

**Actual situation:** \_\_\_\_\_  
\_\_\_\_\_

**List your thoughts, feelings, and attitudes and beliefs. (Circle those that put you at risk.)**  
\_\_\_\_\_  
\_\_\_\_\_

**Risk of doing what?** \_\_\_\_\_

**What new thinking did you use (or could you have used) to reduce the risk?** \_\_\_\_\_  
\_\_\_\_\_

(Continued on Next Page)

**Describe Your Actions (What you specifically did to follow each step of the skill):**

1.	4.
2.	5.
3.	6.

1. What happened when you did the homework?

2. How well did you do at following the steps of this skill? (*Circle one*)

*Excellent*

*Good*

*Fair*

*Poor*

3. *What is another situation in which you could use this skill?*