

Restorative Questions

What happened?

What were you feeling at the time? (feelings)

What were you hoping for when you chose to act/react? (needs)

What is important to you about what happened? (needs)

What have you thought about or felt since?

What have you done to make things better? (self-responsibility)

What have you done to make things worse? (self-responsibility)

What about this has been the hardest for you? (impact)

Who else has been affected? (impact)

If you could do it over, what would you do differently? (learning/growth, prevention)

What do you think needs to be done to make things as right as possible? (repair)