

**PREPARING FOR RESTORATIVE CONVERSATION
SELF-REFLECTION SHEET©**

1. How are you FEELING about what happened or what's been going on?

Frustrated	Irritated	Confused	Nervous	Surprised	Worried	Angry	Torn
Jealous	Scared	Sad	Embarrassed	Ashamed	Suspicious	Guilty	Afraid
Exhausted	Hurt	Lost	Disappointed	Horrorified	Shocked	Devastated	
Hopeless	Resentful	Lonely	Discouraged	Other:			

OPTIONAL NOTES TO SELF:

2. What were you HOPING FOR instead? What were your underlying NEEDS?

Acceptance	Understanding	Fairness	Honesty	Integrity	Effectiveness	Trust	
Ease	Cooperation	Learning	Kindness	Support	Teamwork	Autonomy	
Choice	Appreciation	Safety	Freedom	Inclusion	Companionship	Warmth	
Connection	Compassion	Respect	Mutuality	Competence	Contribution	Awareness	
Harmony	Independence	Peace	Other:				

OPTIONAL NOTES TO SELF:

OPTIONAL REFLECTION ABOUT OTHER PERSON (if you feel like it)

3. (OPTIONAL) What do you think the OTHER person is FEELING about what happened or has been happening?

Frustrated	Irritated	Confused	Nervous	Surprised	Worried	Angry	Torn
Jealous	Scared	Sad	Embarrassed	Ashamed	Suspicious	Guilty	Afraid
Exhausted	Hurt	Lost	Disappointed	Horrorified	Shocked	Devastated	
Hopeless	Resentful	Lonely	Discouraged	Other:			

4. (OPTIONAL) What do you think the OTHER person has been HOPING FOR instead? What have been THEIR underlying needs?

Acceptance	Understanding	Fairness	Honesty	Integrity	Effectiveness	Trust	
Ease	Cooperation	Learning	Kindness	Support	Teamwork	Autonomy	
Choice	Appreciation	Safety	Freedom	Inclusion	Companionship	Warmth	
Connection	Compassion	Respect	Mutuality	Competence	Contribution	Awareness	
Harmony	Independence	Peace	Other:				

5. Are you ready to talk about it with the other person and to LISTEN for their FEELINGS and VALUES underneath? (if not, what support do you need before talking?)