

Think Sheet to Complete in Recovery

Circle your answers to the questions or write your answer.

1. Circle what zone were you in before you came to Recovery.

Blue

Green

Yellow

Red

2. Circle what specific feelings you felt before you came to Recovery. You can circle more than one or write feelings in the blank that says other(s).

Sad

Angry

Jealous

Disappointed

Left Out

Lonely

Worried

Nervous

Embarrassed

Guilty

Mad

Scared

Frustrated

Confused

Unsafe

Out of Control

Other(s): _____

3. How do you think the other people in the room with you felt before you came to Recovery?

Sad

Angry

Jealous

Disappointed

Left Out

Lonely

Worried

Nervous

Embarrassed

Guilty

Mad

Scared

Frustrated

Confused

Unsafe

Other: _____

4. What did you want to happen?

5. What other people were affected by your actions?

6. Circle what specific feelings you feel now. You can circle more than one or write feelings in the blank that says other(s).

Sad Angry Jealous Disappointed Left Out
Lonely Worried Nervous Embarrassed Guilty Mad
Scared Frustrated Confused Unsafe

Other: _____

7. Circle how your choice affected you or write in the other blank.

I didn't learn as much I feel worse now
People might not trust me as much now People might think I am not kind

Other: _____

8. Circle how your choice affected others or write in the other blank.

It hurt their feelings It hurt their body It hurt something that belongs to them
They didn't learn as much They didn't feel safe They feel disrespected

Other: _____

Everyone makes mistakes! When we do, it's important to reflect on what happened so we can figure out how to do better next time and make things better. Use this page to think about what we can do NOW to make things better and do better NEXT TIME.

9. Circle what you can do to make it better today.

Ask them what I can do to make it better Do my work Apologize

Clean up a mess Other: _____

10. Circle what you can do differently next time.

Ask teacher for help Use a calming strategy Think before I speak

Focus on my work Take a break Other: _____

11. Circle what will happen next time if you make a better choice.

People will want to be around me I will learn more

I will be proud of myself I will get a reward from Ms. Hyatt

Other: _____

**12. Write down 3 positive things about yourself. Just because you made a bad choice today, doesn't mean you're a bad person!
EVERYONE MAKES MISTAKES!**

1.

2.

3.