

Recovery from a Mistake

Positive Discipline by Jane Nelsen & Lynn Lott

1. **RECOGNIZE** that you made a mistake. Be comfortable with yourself by realizing there is something to learn from it.
2. **RESPONSIBILITY** Take responsibility for your part without blame or shame. Be specific: "I yelled instead of telling you my feelings."
3. **RECONCILE** Children are so forgiving when you say:

"I'm sorry for _____.
I will try not to do it again.
Will you accept my apology?"
4. **RESOLVE** When both are ready, brainstorm for an agreement that works for both of you for the future, or to fix any damage.