

Name _____

Mending Hearts: How to Apologize and Make Amends

Multiple Choice Questions

1. Why is it important to understand the impact of your hurtful actions before making amends?
 - a) To find excuses for your behavior.
 - b) To blame the other person.
 - c) To recognize the consequences and take responsibility.
 - d) To ignore the situation.

2. What is an essential element of a sincere apology?
 - a) Shifting blame to others.
 - b) Avoiding responsibility.
 - c) Expressing regret for your actions.
 - d) Making excuses for your behavior.

3. Why is listening to the person you've hurt an important step in making amends?
 - a) To argue and defend your actions.
 - b) To show that you don't care about their feelings.
 - c) To understand their perspective and express genuine care.
 - d) To interrupt them and express anger.

4. What does it mean to "make amends actively"?
 - a) To do nothing and wait for the other person to forgive you.
 - b) To apologize repeatedly.
 - c) To take concrete actions to make up for any harm caused.
 - d) To repeat the hurtful behavior.

5. Why is it essential to avoid repeating the same hurtful behavior when making amends?
 - a) It's not necessary; people should forgive and forget.
 - b) To rebuild trust and maintain a healthy relationship.
 - c) It's impossible to change one's behavior.
 - d) To prove that the other person was wrong.

