

Name \_\_\_\_\_

## Mending Hearts: How to Apologize and Make Amends

### Open-Ended Response Questions

1. Share a personal experience when you unintentionally hurt someone's feelings. Describe how you recognized the impact of your actions and what steps you took to make amends. Reflect on the outcome of your efforts.
2. Imagine a scenario where you apologized to someone, but they haven't forgiven you yet. What steps could you take to show that you're genuinely committed to making amends and rebuilding trust?
3. Discuss the importance of self-reflection and personal growth in the process of making amends. How can learning from your mistakes help you become a better person and friend?
4. Reflect on a time when someone hurt your feelings, and they made a sincere effort to make amends. How did their actions and apology affect your perception of them and the relationship?

