

WYMLA Personal Behavior Reflection Form

*****"Reflecting on my behavior will allow me to make better choices in the future".***

1. **My behavior** (what happened?)

2. **Who was involved?**

3. **Why this behavior is not acceptable -**

4. **This is how I honestly felt when I behaved this way:**

Mad ____ Sad ____ Jealous ____ Hurt ____ Confused ____ Frustrated ____
Scared ____ Embarrassed ____ Lonely ____

5. **Things I can do differently so I can avoid this behavior in the future are:**

6. **Making Amends** - If another person was involved, including a teacher, I need to apologize, explain why my behavior was wrong, ask how my behavior affected them, and tell them what I'm going to do to avoid this behavior in the future. Other student's initials ____

Student Signature _____ Date _____

Parent Signature _____ Date _____