

# Accepting Consequences

1. Decide if you were wrong.
2. If you were wrong, say to yourself, "I have to accept consequences."
3. Say to the person, "Yes, I did \_\_\_\_\_." (*describe what you did*)
4. Say something else like:
  - a. "Next time I will \_\_\_\_\_."
  - b. "I am sorry for \_\_\_\_\_."

