APOLOGY



TICKET

PERPETRATOR'S NAME:						
TO:						
Infraction:						
LEVEL OF REMORSE:	OTHER VIOLA	TIONS CITED:				
I'm a little sorryI keep thinking about itI can't sleepCompletely consumed	InsensitivityForgetfulnessRudeCold shoulder	O Silent treatment O Big mistake O Foot in mouth O				
REASONS FOR MY BEHAVIOR:						
 Lost my head Wasn't thinking I was hungry I was being selfish I was in a terrible mood Stressed Out I was tired 	O I needed to vent O Bad day at work O Kids are driving me crazy O I need chocolate O Full moon O I'm a shmuck O I love you	 I need more time with you In-laws I forgot I was scared We need a date night I was being a jerk 				
I FEEL:						
O Lousy O Sorry O Terrible	O Lonely O Fearful O Crushed	Miserable Abominable				
Witness statement:						
Signature: Date:		Date:				
OTHER: RECORDED BY:						
I hereby acknowledge that my actions have caused you distress, anger, sadness, and any other number of unpleasant emotions. I respectfully request your forgiveness and state that I most likely won't / may do it again.						

APOLOGY



TICKET

PERPETRATOR'S NAME:						
	TO:					
Infraction:						
-	LEVEL OF REMORSE:		OTHER VIOLATION	ONS CITED:		
0	I'm a little sorry	0	Insensitivity	Silent treatment		
0	I keep thinking about it	0	Forgetfulness	Big mistake		
0	I can't sleep	0	Rude	Foot in mouth		
0	Completely consumed	0	Cold shoulder O			
REASONS FOR MY BEHAVIOR:						
0	Lost my head	0	I needed to vent	I need more time with you		
0	Wasn't thinking	0	Bad day at work	In-laws		
0	I was hungry	0	Kids are driving me crazy	l forgot		
0	I was being selfish	0	I need chocolate O	I was scared		
0	I was in a terrible mood	0	Full moon O	We need a date night		
0	Stressed Out	0	I'm a shmuck	I was being a jerk		
0	I was tired	0	I love you O			
I FEEL:						
0	Lousy	0	Lonely	Miserable		
0	Sorry	0	Fearful	Abominable		
0	Terrible	0	Crushed			
	P L !	B /4	SE FORGIVE M	E		
Wit	ness statement:					
Signature: Date:			e:			
	OTHER.					
	OTHER: RECORDED BY:					
I hereby acknowledge that my actions						
have caused you distress, anger, sadness,						
	and any other number of unpleasant					
	have caused you distress, anger, sadness, and any other number of unpleasant emotions. I respectfully request your forgiveness and state that I most likely					
for	forgiveness and state that I most likely won't / may do it again.					