

APOLOGY



TICKET

PERPETRATOR'S NAME:

TO:

Infraction:

LEVEL OF REMORSE:

- I'm a little sorry
- I keep thinking about it
- I can't sleep
- Completely consumed

OTHER VIOLATIONS CITED:

- Insensitivity
- Forgetfulness
- Rude
- Cold shoulder
- Silent treatment
- Big mistake
- Foot in mouth
-

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
- I needed to vent
- Bad day at work
- Kids are driving me crazy
- I need chocolate
- Full moon
- I'm a shmuck
- 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:

- Lousy
- Sorry
- Terrible
- Lonely
- Fearful
- Crushed
- Miserable
- Abominable
-

PLEASE FORGIVE ME

Witness statement:

Signature:

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.



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