

...unfinished business...

LEE KRAVITZ

One Man's Extraordinary Year of Trying to Do
The Right Things



TOOLKIT: WORKSHEET

#___ Item on List of My Unfinished Business

1. Identify the wrong you perpetrated. (See *TOOLKIT: Taking Stock*)

2. Why do you think you behaved this way? (See *TOOLKIT: Facing Your Fears*)

3. Were there any other reasons you may have acted in a hurtful, offensive manner?

4. What have been the negative consequences of your behavior on you and the person(s) you wronged?

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5. What steps can you take to locate the individual(s) you wronged? (See *TOOLKIT: Reaching Out*)

Write down each person's address, phone number, e-mail and other contact information:

6. How do you intend to contact the other person(s) -- by phone, e-mail, a letter, through an intermediary? What do you intend to write or say?

7. What type of amends might help you repair your relationship with the other person(s)? (See *TOOLKIT: Making Amends*)

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After you reach out and make your amends, reflect on the following questions in your journal or in an e-mail to someone whose perspective you value:

9. How did the person you wronged react when you reached out to him or her? Did anything that person say or do surprise you?

10. What emotions did you experience before, during and after the encounter?

11. What lessons did you learn from the experience? Are there any new commitments you'd like to make in your life as a result?
