



# ATONEMENT




Atonement is the process of recognizing the impact of our actions, making amends when possible, and committing to do better.

**PURPOSE:** This worksheet is designed to help you reflect on past actions, take responsibility, and guide you in making things right and moving forward.

**1 SELF-REFLECTION**

Take time to reflect honestly. What actions or behaviors have caused harm or hurt to others?




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**2 RECOGNIZE THE IMPACT**

Who was affected by your actions?



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How do you think your actions affected them emotionally, mentally, or physically?

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**3 TAKE RESPONSIBILITY**

It's important to own our actions without making excuses or blaming others.



What role did you play in what happened?

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What could you have done differently?

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**4 MAKE AMENDS**

If appropriate and safe, making amends can help begin the healing process.



Who do you need to make amends to?

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What can you do to make things right?

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\_\_\_\_\_

What might they need from you?

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**5 COMMIT TO CHANGE**

Atonement is about more than saying sorry—it's about growing and doing better.

What changes will you make to prevent causing harm in the future?



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What healthy choices will you commit to moving forward?

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**6 LOOK FORWARD**

How will you use this experience to become a better version of yourself?




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**REMEMBER**

Atonement is not about living in guilt. It's about healing, making things right, and building a better future.

- TODAY I CHOOSE TO...**
- Be honest \_\_\_\_\_
  - Take responsibility \_\_\_\_\_
  - Make things right \_\_\_\_\_
  - Grow and do better \_\_\_\_\_
  - Help others when I can \_\_\_\_\_
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 I am willing to learn, make amends, and grow. One step at a time, I am becoming the person I want to be. 