The Apology and Repair Plan

Own the action. Put something right. Follow through.

Truthful ownership and practical repair give an apology substance. The person affected does not owe an instant hug or a cheerful response.

Example: I scattered the puzzle pieces. My sibling lost work and time. I collect the pieces now, ask whether help rebuilding is welcome, and leave the puzzle alone until invited. An adult checks that the pieces were returned.

01 Name what happened

Describe the action you are responsible for, without turning it into a label.

Action I need to own

Facts I know / questions still open

Previously taught rule involved

Person affected

02 Hear the impact

Listen before deciding that an apology has finished the matter.

What was lost or made harder

What the person said they need

My truthful apology words

Boundary or space to respect

The Apology and Repair Plan / Review & follow-through

03 Agree on the repair

Choose a reasonable action that addresses the harm.

Repair I can carry out

Adult help needed

When I will do it

What completion looks like

04 Check the follow-through

Review the action without using the old mistake as a family label.

Repair actually completed

What I will do next time

Adult example or correction needed

When we will check again