

# The "No More Faux-pologies Challenge" Tracking Sheet

Directions:

1. Each time you notice yourself apologizing, record the details below.
2. For each item you write down, pray-cess whether it's a True Apology (T) or a Faux-Apology (F).
3. For each Faux-pology, brainstorm a Healthier Response.

I apologized to \_\_\_\_\_ for \_\_\_\_\_

This was a

True Apology

Faux-pology

Healthier Response: \_\_\_\_\_

I apologized to \_\_\_\_\_ for \_\_\_\_\_

This was a

True Apology

Faux-pology

Healthier Response: \_\_\_\_\_

I apologized to \_\_\_\_\_ for \_\_\_\_\_

This was a

True Apology

Faux-pology

Healthier Response: \_\_\_\_\_

I apologized to \_\_\_\_\_ for \_\_\_\_\_

This was a

True Apology

Faux-pology

Healthier Response: \_\_\_\_\_

I apologized to \_\_\_\_\_ for \_\_\_\_\_

This was a  
 True Apology  
 Faux-pology

Healthier Response: \_\_\_\_\_

I apologized to \_\_\_\_\_ for \_\_\_\_\_

This was a  
 True Apology  
 Faux-pology

Healthier Response: \_\_\_\_\_

I apologized to \_\_\_\_\_ for \_\_\_\_\_

This was a  
 True Apology  
 Faux-pology

Healthier Response: \_\_\_\_\_

I apologized to \_\_\_\_\_ for \_\_\_\_\_

This was a  
 True Apology  
 Faux-pology

Healthier Response: \_\_\_\_\_

I apologized to \_\_\_\_\_ for \_\_\_\_\_

This was a  
 True Apology  
 Faux-pology

Healthier Response: \_\_\_\_\_

