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.

Landaginad to
I apologized to for
This was a
True Apology
Faux-pology
Healthier Response:
ricalanci response.
I apologized to for
This was a
True Apology
Faux-pology
Healthier Response:
I apologized to for
This was a
True A <mark>p</mark> ology Faux-pol <mark>o</mark> gy
raux pology
Healthier Re <mark>sp</mark> onse:
I apologized to for
This was a
True Apology
Faux-pology
Healthier Response:

	λ.		J	الم	
I apologized to	7/=	for	15-	- 1	_
This was a True Apology Faux-pology	· ·	78	11		2,1
Healthier Respons	se:	for			
This was a True Apology Faux-pology		学			
Healthier Respons					
I apologized to		for			
This was a True Apology Faux-pology					
Healthier Respons	se:				-
I apologized to		for			
This was a True Apology Faux-po <mark>l</mark> ogy					
Healthier Respons	se:				
I apologized to		for			
This was a True Apology Faux-pology					
Healthier Respons	se.				