
Abbotsford Restorative Justice and Advocacy Association

Pre-Conference Self Assessment Worksheet

This form is to be completed prior to the Community Group Conference and will be helpful to you in preparing for the Conference. Take some time to think about what happened. Give some thought about what you are willing to do to repair the harm done as a result of your actions. While thinking about this, consider how what you did affected the victim, your family and friends, yourself, and the community you live in.

What I did was:

I did this because:

How my actions affected others (including the victim):

What special interests/talents do I have that could help me in resolving this problem?

Things I could do to solve this problem are:

What do I need to do, or what changes do I need to make, so this will not happen again?

What needs to happen so that I can move on from this in a good way?

this sheet for personal use only

Code Y0