

Cut it Out! - A Second Chance

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How often do you wish you could go back in time and do or say something differently with your kids or your partner? Now you can CUT IT OUT and give it a try. Second chance tickets are simple tools that allow you to go back and try again without needing a time machine. In the heat of the moment, it is difficult to see the bigger picture and think about other people's needs or your own behavior. Often when calmer feelings prevail the clarity comes out and expressing your thoughts and feelings is simply the right thing to do.

Copying a bunch of second chance tickets and keeping them available for everybody can bring a lighthearted twist to the value of a sincere apology. **"I feel sad about** yelling at you to hurry up. **I realize that** you had to find your library book. **If I had a second chance I would** be patient and try to help you find it **instead.**

Kids can use second chance tickets when they want to replay something they said to a friend or sibling. While you never want to force an apology you can support your child when they feel sorry. Helping children reflect on how people feel in relation to their own behavior builds empathy and consideration.

Being comfortable with making a mistake and taking responsibility for our actions just feels good. Take a chance and pass it on.

Second Chance Ticket

I feel _____ about (what I said or did) _____

I realize that _____

If I had a second chance I would _____

_____ **instead.**