

## You had a quarrel? How to make up again.



I am **POLITE** and show respect for the others and their emotions.



I am **CARING** and look after myself and the feelings of others.



I am **HONEST**, accept and show my emotions, I admit mistakes on my part.



I have **COURAGE** and tell the others what hurt me or made me angry.



I am **PEACEFUL**, stay calm and contribute to a fair solution.



I am **RELIABLE**, keep my promises and stick to our agreements.



I **FORGIVE** and leave the quarrel behind me.