

Self-reflection: Excluding

Excluding is purposely leaving someone out.

Have you ever been a victim of excluding? _____ Describe what happened:

How did it make you feel? _____

How did you try to deal with it? _____

Is there anything you would do differently now? _____

Have you ever made someone else a victim of excluding? _____

How did that make you feel? _____

Why do you think you did it (be honest with yourself)? _____
