



#34 Coming Clean

Name _____ Date _____

School _____

Personal Power and Ownership go hand in hand. It is difficult to attain one without the other. Admitting what mistakes we have made is a critical part of the cleansing experience. Please answer the following questions honestly and share with your small group. Be specific e.g. "I have lied about not drinking to my parents".

1.) I have lied about: _____

To: _____

2.) I have been hurt by (person): _____

How: _____

3.) I have cheated on: _____

When I: _____

4.) I have stolen: _____

From: _____

5.) The biggest mistake I ever made was

There; that wasn't so bad; was it? Now that you have taken ownership for these actions you can access your personal power to not do them again! Making a mistake is not the worst thing --- failing to learn from mistakes and change behaviors as a result of a mistake is.

