

# Mistakes

Questions to consider:

- ▶ **WHAT DID YOU LEARN FROM THE MISTAKE?**
  - ▶ **DID YOU KNOW THAT BEFORE?**
- ▶ **WERE YOU DOING THE BEST YOU COULD WITH THE INFORMATION YOU HAD?**
- ▶ **WHAT PROBLEMS WERE CREATED WHEN THE MISTAKE WAS MADE?**
  - ▶ **HAVE YOU CORRECTED THE PROBLEMS?**
- ▶ **WOULD YOU FORGIVE SOMEONE ELSE WHO MADE THAT MISTAKE?**
  - ▶ **WILL YOU FORGIVE YOURSELF?**

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*From "Recovery from Co-Dependence: It's Never Too Late To Have A Happy Childhood,"  
by Jon & Laurie Weiss. Health Communications, Inc., 1999.*