

Love, Kindness and Saying “I’m Sorry”

Valentine’s Day helps us focus on love and friends. Do you tell others how you feel about them? We often let a moment of kindness pass. We do not know how to express our feelings. We also hurt others and do not feel good about saying, “I’m sorry.” Practice these two skills this month. You will feel better about yourself. Others will like you better.

Expressing Affection

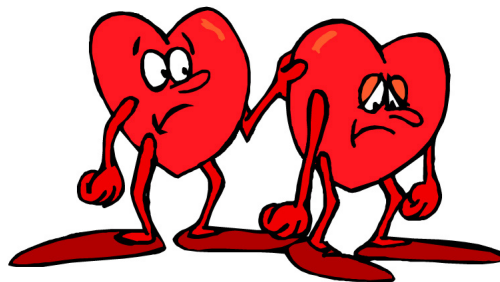
Steps

- **Decide if you have good feelings about the other person.**
- **Decide if the other person would like to know about your feelings.**
Consider the outcome. Will it make him happy? Will she be embarrassed? Will it help make a friend? Will he understand?
- **Choose the best way to express your feelings.** *Do something. Say something.*
- **Choose the best time and place to express your feelings.**
- **Express your feelings in a friendly way.**

Apologizing

Steps

- **Decide if it would be best for you to apologize for something you did.**
You might apologize if you break something, make an error, interrupt someone, or hurt someone’s feelings.
- **Think of the different ways you could apologize.** *Say something. Do something. Write something.*
- **Choose the best time and place to apologize.** *Do it privately. Do it as quickly as possible after you create a problem.*
- **Make your apology.** *This might include an offer to make up for what happened.*



Call the Parent Help Line. We listen. We can find you help.
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.