

Social Autopsy Worksheet- Family

What happened?

I got in a fight and hit my sister because she came into my bedroom without knocking on the door.

What was the social error? Who was hurt by the social error?

Hitting my sister. I hurt my sister by hitting her hard on the arm. My sister got upset and started yelling at me.

What should be done to correct the error?

Tell my sister I'm sorry. I can explain to my sister that she needs to knock on my door to let me know she wants to enter my bedroom.

What should be done next time?

I can put on the bedroom door a 'Please knock before entering' sign. If someone forgets to knock and enters my room, I can squeeze my stress ball to help calm myself.

I can then point to the sign on my door to remind them to knock first before coming in my bedroom.