### What happened?

I yelled at the teacher because she asked me to correct grammar mistakes in the paragraph I turned in for homework.

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

Yelling at the teacher.

### What should be done to correct the error?

Apologize. Explain to my teacher that I worked very hard on my homework. I am not good at grammar and it frustrates me when I don’t do well.

### What should be done next time?

I can take 3 deep breaths when the teacher first asks me to redo an assignment. I can ask if I can get help from someone to correct the mistakes.

Adapted from Lavoie, 1994