

Write it out

Don't use the word "but" at all!!!

Do not make excuses!

Do not use the word "mercy" or "leniency" at all. Judges hate that.

-First, Apologize:     To:     Who are you apologizing to? (NOT to the judge or the Court... think about who was actually hurt by your actions)

For:           What did you do wrong? Be specific.

Because: Why is that wrong? Show the judge that you understand that this behavior cannot be repeated.

-How have you changed?

-What have you learned?

-**How** can you promise that you will never do something like this again?

-Give the judge three **goals** for yourself for the next year.

-Apologize again. Always end with an apology (again: to the victim, for your actions)