



# Checklist

## Using Restorative Language

This checklist is taken from the RPI Quality Framework, the complete version of which is available at <https://www.restorativepracticesireland.ie/wp-content/uploads/2021/11/CDI-RPI-QA-Framework-web-2-1.pdf>. The checklist is one of a series of RPI checklists.

A checklist for using restorative language in everyday work and personal life could include the following:

- Did I observe without evaluation? In other words, did I describe the situation causing difficulty for me or giving me pleasure by simply stating observable facts, without explicit or implied judgement, blame or criticism?
- Did I express my feelings arising from the situation in an open, honest, calm way?
- Did I link my feelings to my met or unmet needs?
- In seeking to guide future behaviour, did I make a 'doable' request – was my request clear, concrete, positive and actionable?
- Before commencing, was I clear in my intention to build or maintain my relationship with the person?
- Was I open to anticipating and accepting different interpretations of what was going on?
- Was I willing to respect the other person's feelings, needs and suggestions around future behaviour and take them into account?
- Did I use 'I' statements throughout, confining descriptions of behaviour, feelings and needs to my own?
- Did I invite and encourage the other person to express their feelings and needs?
- Did I provide prompts to support the other person in identifying and expressing their feelings and needs?
- Did I take responsibility for any contribution I might have made to the situation?
- Was I open to my doable request being refused and to hearing other possible solutions?