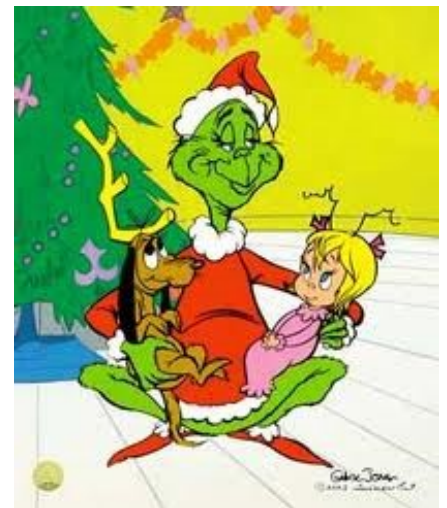




1. Realize you did something wrong



2. Feel sorry for what you did



3. Ask Forgiveness



4. Make it right



5. Change of heart/never do it again