

Moral Reconciliation Therapy Worksheet

Name	Date
How do you define a moral person?	
How would you rate your moral reasoning from 1 (immoral) to 10 (completely moral)?	
How are your social relationships (with friends/family/colleagues)?	
Do you consider yourself to be a more optimistic or pessimistic person? Why?	
Write down your answer to the following moral dilemmas:	
You are failing an important required class that you despise and struggle to understand. Your final online exam is coming up, and you can cheat without anyone ever knowing. Do you do so in order to pass?	
You have a close friend who is incredibly supportive, and someone you have known for years. However, their sense of humor isn't always appropriate, and sometimes they can be very rude to others. You feel uncomfortable - what do you do? Do you speak up, or laugh along?	
You're driving home at night in heavy rain, and a drunk man stumbles onto the road. You try to stop, but you manage to hit him. As a result, you pull over and check on his condition, to which you discover he is dead. You have a good job, family, and no criminal record, and the man looks as if he is homeless. You know that this case could be easily swept under the rug if not reported. What do you choose to do?	

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Write down your answer to the following moral dilemmas:

You've just had a great meal at your favorite restaurant. When you finish paying and walk out with the bill, away from distractions of the busy atmosphere, you notice that the server significantly undercharged you. What do you do? Do you go back with the correct change?

You have a good relationship with your neighbors, and have relied on them many times across the years of living opposite them. However, they're beginning to throw loud parties on the weekends, and you think that they're starting to deal drugs. One night, you witness an exchange on their back porch which confirms your suspicion. Not only this, but these drugs are highly illegal. You can do them in anonymously or leave it - what do you do?

One day at work, your boss comes to you asking if he can access confidential records for business purposes. You have been specifically instructed by the security and administration teams that you do not have permission to show these records to anyone. Your boss won't say what this is for, but claims he has been granted permission to view them. These records are very important, and you feel uncomfortable granting him access without explicit written or verbal permission from the teams. However, you don't want to disappoint as your boss is considering promoting you at the moment, and at the end of the day, he is your boss - what do you do?

You're standing on some train tracks and notice a train speeding towards five people, who won't be able to jump out of the way in time. You look down and notice a lever that will divert the train to avoid killing the five individuals. However, there is one worker on the other track who is also not able to jump out of the way in time. Do you pull the lever to kill the one worker in order to save five others?

Alternatively, imagine that instead of the one worker, the one person is someone you care about. Do you still pull the lever to kill them in order to save five others whom you have no relationship with?

Consider both scenarios again, but this time, instead of pulling the lever, you must physically push the one person off the train ledge with your hands in order to save the five others. What would you do?