

Name.....
Date.....
Coach Name.....



Guidance

- 1 - Find a safe place to talk.
- 2 - Explain the template and get consent from the individual to use it.
- 3 - Complete the template.
- 4 - Ask the individual if they are ready to reflect on the information gathered.
- 5 - Reflect, what could change if this situation happened again in the future?

Activating event / What was the situation?

Belief / What were your thoughts?

Consequences / How did you feel?

Reflect / If this situation happened again what could help change it?

