

Student Debrief Interview

Name: _____

Date: _____

1. Describe in your own words, what happened?

2. Setting event: What happened before to this event that may have added to it?

3. What I was hoping would happen:

4. Has anything like this ever happened before? If so, when do things like this tend to happen? And how often?

5. Strategies I have tried to fix the problem:

avoiding situation ignoring/pretending problem doesn't exist
 self talk in my head a coping strategy
 something else _____

6. Are there times when things like this do not occur? (i.e. An adult speaks loudly to me, but I don't get upset. Or, I feel angry, but I can manage my emotions)

7. How do others respond? Helpful responses (help me to feel better):

Unhelpful responses (make it worse for me):

8. What I think would help:

List any tools completed:

My Emotional Regulation Plan

Sensory Checklist

Other Tools/ Resources: _____

9. Other things that I wish people knew/ understood:

10. What can I do now to make things better? (Fix problem, repair relationship)

11. My fears or concerns about trying to make it better are: (my attempts might be rejected, I might be yelled at or lectured, problem will occur again or get worse)

Planning Document

Action Steps:

Repair: What can the team do to repair any damage (to property, relationships, etc.) that has occurred as a result of this event?

What will happen?	Who will do it?	What support is needed?	By when?

Prevention: What actions can we take to prevent or reduce intensity of events like this in the future?

What will happen?	Who will do it?	What support is needed?	By when?