

What emotion are yo	ou feeling right now?
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Why?

How long has it been?

Describe what happened using the prompts below. Only answer what is asked. There is space for free writing at the end of the worksheet.

Who is involved? What role did they play?	
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What's your role in the situation? Are you being passive or active?	
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How are you effected and why?	
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Is this a you problem?	YES		NO	
Are there any tangible solut	tions?	YES		NO
Can this happen again?	YES		NO	
How could this have been p	orevented?			
What are some possible so	lutions?			
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Have you reached out to an	yone for s	upport?		
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Is this a you problem?	YES		NO	
Are there any tangible soluti	ons?	YES		NO
Can this happen again?	YES		NO	
How can you be supported?	,			
How are you supporting you	ırself throi	ugh this?		
Have you reached out to any	vone for s	upport?		
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