Journal Activity

1. Begin by describing exactly what happened and how the outcome differed from what you wanted to happen. Who else was involved or affected? What repercussions does this situation have?

2. As precisely as you can, express why you are disappointed or upset and what emotions you are experiencing. Try to pinpoint what bothers you the most about this situation

3. There will always be factors out of your control, but instead of focusing on these and becoming more frustrated, make a list of what you can control. What actions can you take to make this situation better? How can you overcome your disappointment to move on in a positive way? Brainstorm ideas.

4. What's next ? Generate some idea on what comes next…