

Reflection

Name:

Date:

<p>Explain what happened:</p>	
<p>Tell me what impact that had on you and others:</p> <p>Tell me if that met our expectations:</p>	
<p>Describe how you feel now:</p> <p>Explain what you need to do to feel better:</p>	
<p>Describe how others may feel:</p> <p>Explain what we need to do to help them feel better or repair your relationship:</p>	
<p>Tell me how we can avoid this happening again:</p>	

