

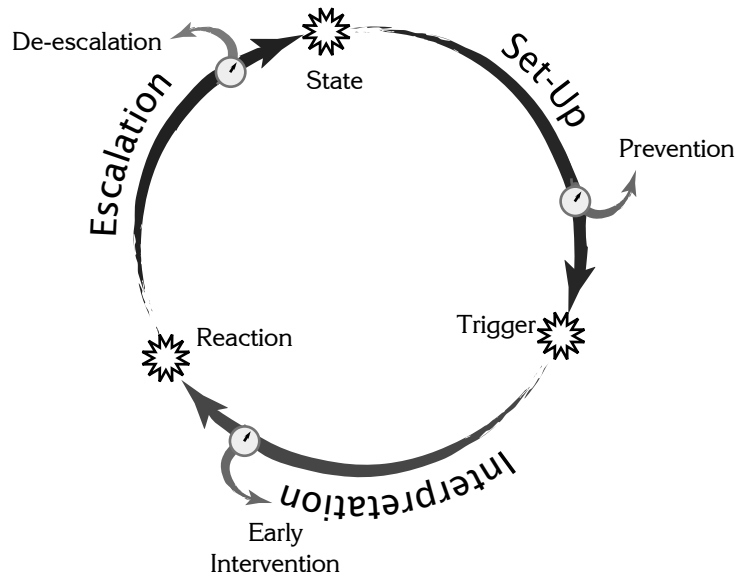
The story:

What happened (overview)?

What was the setup?

What was the trigger?

What were your
Thoughts? Feelings? Actions?



Next Time:

What do you want to happen?

How could you change the setup?

How did you interpret the trigger?

What do you want to be your
Thoughts? Feelings? Actions?

What was your reaction?
(Did you fight, flee, or freeze?)

Did you escalate? How?

How will you change the interpretation?

Did you continue to go around the cycle?

What could you do to de-escalate?

How did it end?

How would it end?