Reflections

# Instructions

Write your thoughts and feelings to reflect on what happened before, during, and after the event.

## Before the event

##

### What happened?

### What were you feeling?

### What were you thinking?

##

##

##

##

## During the event

##

### What happened?

### What were you feeling?

### What were you thinking?

##

##

##

##

## After the event

##

### What happened?

### What were you feeling?

### What were you thinking?

##

##

## Further thoughts

### If you were in that situation again, what would you do differently? And why?

I would…

Because…