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…