

what happened

Our thoughts, feelings, and behaviors are all linked to things that happen to us. If we look at a situation slowly and thoughtfully we can learn and grow in the future.

WHAT HAPPENED?

WHAT WAS GOING ON IN MY MIND?



HOW DID THAT MAKE ME FEEL?



WHAT WAS GOING ON IN MY BODY?



WHAT DID I DO? WHAT WERE MY ACTIONS?



