



Let's Talk about It

1. The way I see the problem (Describe what happened from your own perspective):

2. I think the trigger might have been (Thinking about the problem, what do you think might have started it?):

3. Things I did that did not help include:

4. Things others did that hurt/scared/angered me include:

5. Some things I could have done that might have helped are:

6. Something I would like to take back/apologize for is:

7. The ONE thing I would really like to see change is:

