How did I get here?

Today I’m going to understand what happened when ...

What was going on just before this happened?

What happened then?
Actions, Sensations, Thoughts, Events, Feelings–

What could I do differently next time?
Skilful alternative behaviours

How did this effect others?
Short-term:

Long-term:

Is there anything I need to do to fix things?
Apologise, Correct, Repair

What were the consequences for me?
Short-term:

Long-term: