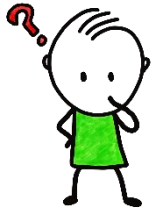


Thinking Sheet



What Happened?

What rule did I break?

1

2

3

4

How I was feeling at the time
How the other person was feeling

How I was feeling at the time
How the other person was feeling

How I was feeling at the time
How the other person was feeling

How I was feeling at the time
How the other person was feeling

Consequences



How do I feel?

How has my behaviour affected others?

Other consequences?

How can I repair things?

