**Learning From Your Past**

Consider something in your past that may have led to a different outcome if you had acted or behaved differently. Use the questions below to reflect on this experience – this may help you identify some different behaviours you can adopt in future situations.

**What happened/What was the event?**

|  |
| --- |

**How did it make you feel?**

|  |
| --- |

**How did you handle it?**

|  |
| --- |

**How could you have handled it differently?**

|  |
| --- |

**What might be the new outcome?**

|  |
| --- |

**What did you learn about yourself?**

|  |
| --- |

**What things could you do to stop and think, rather than behave like you did last time?**

|  |
| --- |