

Backwards Reflection Practice Worksheet

Describe the end of the situation you have chosen to reflect on (feel free to draw a picture if that helps, instead of just writing):

- What went wrong?
- How/what did you feel when that happened?

What happened right before that?

- How/what were you feeling when that happened?
- What could you have done differently to positively change the situation?

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What is your plan to change this situation early - *before it becomes a big problem* - next time?