**Learn and move on – Decisions**

**What happened?**

**How did you respond/ react/ behave/ say/ think / feel?**

**What did you do that was positive/ you are happy with?**

**What did you do that you feel was negative/ you are unhappy with?**

**Why did you respond in this way?**

**How could you change this for next time?**

**What would be your ideal reaction to similar situations?**

**Why is this?**

**Plan of action for similar situations:**