

Daily Debrief

Use this when something happened and you keep thinking about it.

1 WHAT HAPPENED?

Start with the facts you know.

2 WHAT DID I NOTICE?

Thoughts, feelings, body clues, urges.

3 WHAT DID I ACTUALLY DO?

An urge and an action are not the same thing.

4 WHAT HAPPENED NEXT?

Did my choice help, hurt, or do a little of both?

5 ZOOM OUT

What can I see now that was harder inside the moment?

MISSY SAYS

You do not have to solve it. Sometimes getting the story out is enough.

