7.4

WORKSHEET · CHAPTER 7

After-action notes

A day or more after, once you're properly calm. Never the same day. No blame anywhere.

Date of the meltdown or shutdown _____

1. WHAT CAME BEFORE? THE WHOLE DAY. WHAT FILLED THE GLASS?

2. WHAT WAS THE FIRST SIGN, AND WHEN DID IT SHOW?

3. WHAT HELPED, EVEN A LITTLE?

4. WHAT MADE IT WORSE?

5. WHAT WAS I ACTUALLY FEELING? LEAVE IT BLANK IF YOU DON'T KNOW YET.

NEXT TIME, I'LL TRY

One change, not five

On a bad day: one question only: what came before?