

How I Communicate

Self-Reflection

Sometimes life can be stressful! You have probably run into surprising and unusual circumstances that might have become a little “messy.” It can be hard to understand how everything went wrong, but you can develop a habit of thinking things through to help you deal with the results. One way to do this is to share your story with others and try to learn from hearing from one another’s experiences.

Think about a ‘messy’ situation you’ve had. How did you respond? What did you learn from this situation?

What happened?

How did I feel about what happened?

How did others feel about what happened?

How can I act differently next time I am in a situation like this?

