

↓  
1. Actions  
situation sketch  
step 1:  
step 2:  
step 3:  
...

What was my feeling?  
+  
-  
What was my reaction?  
+  
-  
skills: available or not?  
+  
-

↓  
2. Look back

I'm proud of...  
↓

3. Awareness

... went well

This would make me feel better:  
.  
.  
.

→ This is how I want to deal in the next situation  
- - - - -

↓  
4. Alternatives

How I'm going to act differently? How do I want to feel?  
one approach ⇒ - - - - -

→ 5. Try out

My strengths in this situation  
1.  
2.  
3.

What do I want to achieve?