

# UPSETTING EVENT

## WHAT HAPPENED? DO A FREE WRITE.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

LIST ONLY THE FACTS OF WHAT HAPPENED. SEPARATE THE FACTS FROM YOUR THOUGHTS ABOUT THE EVENT.

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WHAT ARE YOU MAKING THESE FACTS MEAN? (WHY IS THIS A PROBLEM?)

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HOW DO THESE THOUGHTS FEEL?

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DOES THIS OR DID IT MAKE YOU WANT YOU WANT TO BUFFER? WHY OR WHY NOT?

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HOW DO YOU WANT TO FEEL?

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WHAT WOULD YOU NEED TO THINK OR BELIEVE ABOUT THIS EVENT  
TO FEEL THAT WAY?

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WHAT HAVE YOU LEARNED FROM THIS EVENT?

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