

WHAT HAPPENED? DO A FREE WRITE.

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

THE ALPHA MALE COACH

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

HOW DO THESE THOUGHTS FEEL?

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

HOW DO YOU WANT TO FEEL?

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

WHAT HAVE YOU LEARNED FROM THIS EVENT?
