1. Understand “What Happened”

- **Stories:**
  What is the problem from my point of view?
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  What data is behind my story?
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  - 
What are my relevant past experiences?
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- **Contributions:**
  How have I contributed to the current situation?
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- **Impact and Intentions:**
  What impact has this situation had on me?
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  What were my intentions?
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  - 
  What were their intentions?
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  What impact might this situation have had on them?
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2. **Feelings**
How do I feel about this situation?

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________________________________________________________________________
________________________________________________________________________
Which feelings make sense to share?
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________________________________________________________________________
________________________________________________________________________

3. **Identity**
What do I fear this situation says about me?
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________________________________________________________________________
________________________________________________________________________
What is true about this?
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________________________________________________________________________
________________________________________________________________________
What is not?
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________________________________________________________________________
________________________________________________________________________

4. **Purpose**
What is my purpose for having this conversation?
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________________________________________________________________________
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Circle the purposes that are 1) In your control, and 2) Helpful to you.