

REFRAMING NEGATIVE SITUATIONS

SITUATION:

HOW DID YOU REACT?

HOW COULD HAVE BEEN A BETTER WAY TO REACT?

REFRAMING NEGATIVE SITUATIONS (CONT.)

HOW REACTING THIS WAY COULD HAVE CHANGED THE OUTCOME?

WHAT DID YOU LEARN FROM THE SITUATION?

WHAT DID YOU LEARN FROM THE WAY YOU REACTED INITIALLY?