

How do we feel now?

What steps will we take to move forward?



Angry



Nervous



Scared



Happy



Sad



Surprised



What happened?

How did I react?

Is that how I should have reacted?

Why did I react that way?



How was I feeling?



Angry Nervous Scared



Happy Sad Surprised

How did my reaction make others feel?



Angry Nervous Scared



Happy Sad Surprised

What happened?

How did I react?

Was my reaction fair?

*Why did I react
that way?*

How was I feeling?



Angry



Nervous



Scared



Happy



Sad



Surprised

*How did my reaction
make others feel?*



Angry



Nervous



Scared



Happy



Sad



Surprised