

Developing 20/20 Hindsight

(I Got Upset or Expressed Dissatisfaction First)

(Refer to Review Chart 1 called, "If You Got Upset or Expressed a Dissatisfaction First")

<p>What were you dissatisfied or upset about?</p>	
<p>When did you first get off track? What did you think, say or do that was off track?</p>	
<p>What thoughts went through your head that sent you spinning off track?</p>	
<p>If you could redo this situation, what might you say to yourself that might help you stay on track?</p>	
<p>If you could redo this situation, what might you say (or do) differently that would be more effective?</p>	