

## Reviewing a Recorded Conversation

<b>Audio File and Folder #</b>		<b>What is the counter # where you first got off track</b>	
<b>When did you first get off track? What did you think, say or do that was off track?</b>			
<b>What thoughts went through your head that sent you spinning off track?</b>			
<b>If you could redo this situation, what might you say to yourself that might help you stay on track?</b>			
<b>If you could redo this situation, what might you say (or do) differently that would be more effective?</b>			