

Things That Went Well or Badly

Life is always unpredictable. While it can be difficult feeling out of control, we do have a say over how we react.

The following prompts allow reflection on an important event that either felt like a success or a failure.

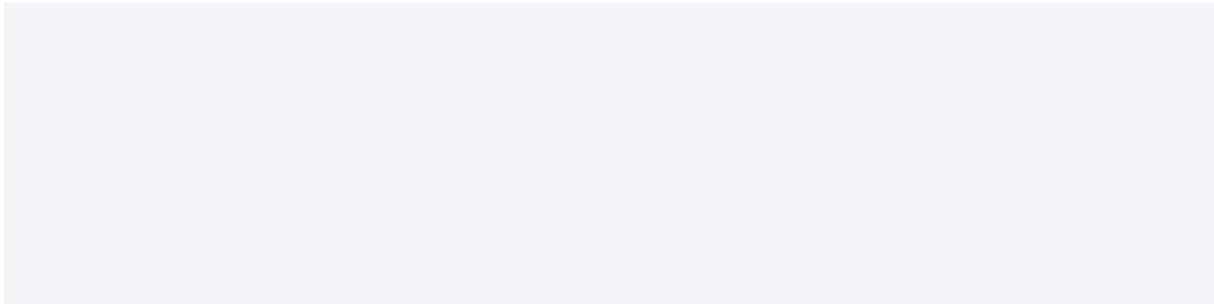
Think of a success, something that went really well (perhaps a promotion, graduation, getting married, etc.):

What was it?

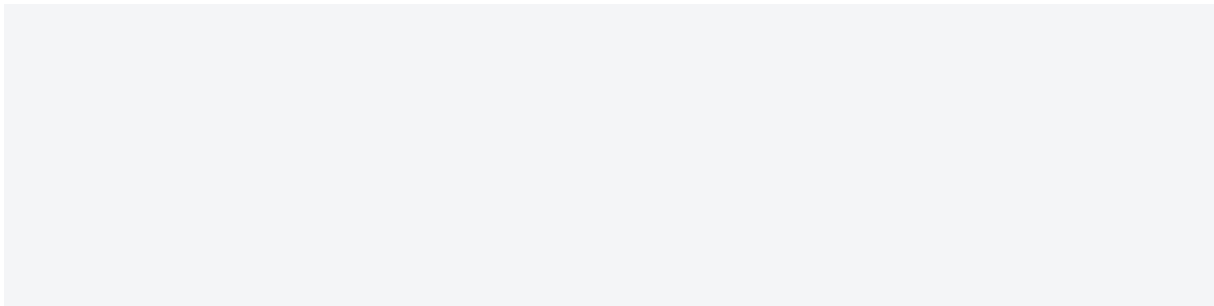
Why do you feel it went so well?

What did you think, feel, and do, before, during, and afterwards?

Were you acting passively or actively?

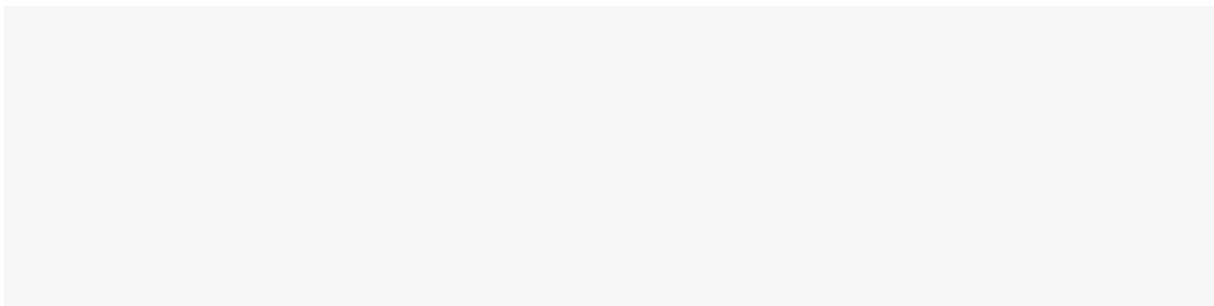


What did you learn about how you handle things going well?

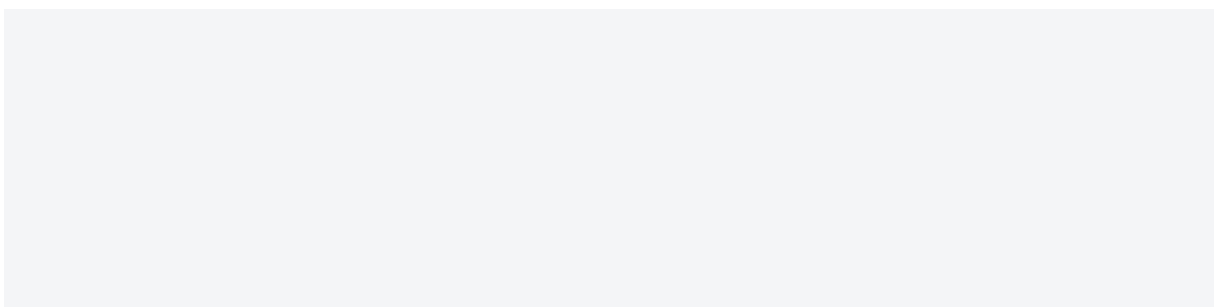


Now think of something considered to be a failure or which just didn't go well (perhaps a redundancy, breakup, not passing a test, etc.):

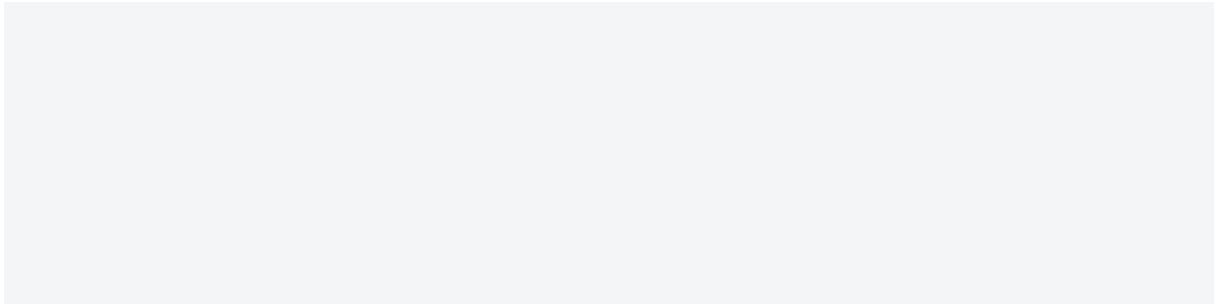
What was it?



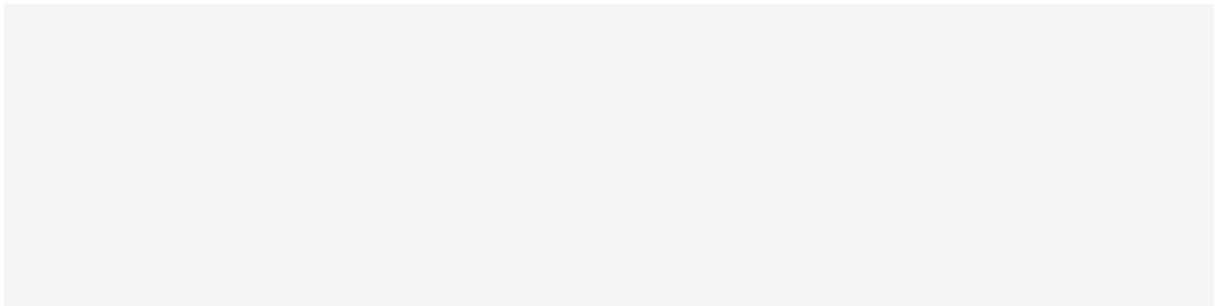
Why do you feel it went badly?



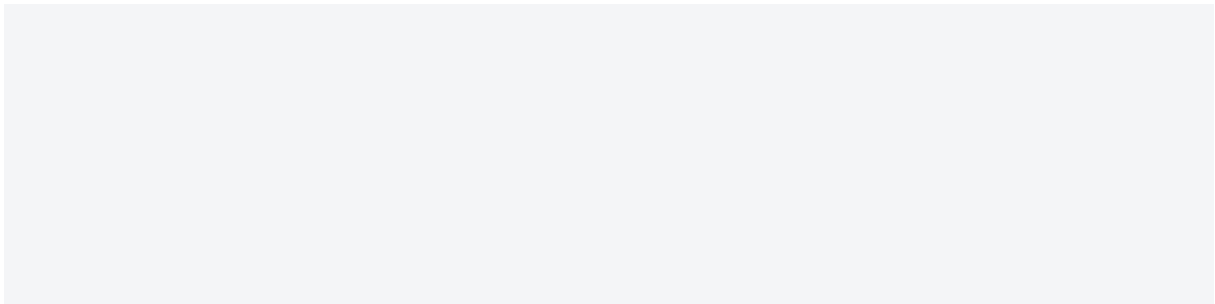
What did you think, feel, and do, before, during, and afterwards?



Were you acting passively or actively?



What did you learn about how you handle things going badly?



Dr. Jeremy Sutton