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E. Learning from Situations

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WHAT WAS YOUR SUCCESS?

HOW / WHY DID IT HAPPEN?

What did you do to get it to happen?

What did other people do to help?

What did you learn?

How can you use what you learned from this experience in the future?

C = Characteristic
L = Leads to
P = Part
RUNNING INTO A BRICK WALL

What was the unsuccessful attempt?

WHY WAS IT UNSUCCESSFUL?

Your role?

Other people?

Describe how this has happened to you before.

What can you do differently next time?

C = Characteristic
I = Influence
L = Leads to
P = Part

TCU Guide Maps/ Learning from Situations
This is a **useful idea or insight** that came to me during the last week.

L = Leads to

These are some ways I might use this idea or insight in my life.
Situation:

RESPONSE(S)

This would be an **aggressive** response.

This would be a **disruptive** response.

These are the **reasons** one would make an aggressive response.

These would be the **consequences** of an aggressive response.

These would be the **consequences** of a disruptive response.

These are the **reasons** one would make a disruptive response.
Situation:

RESPONSE(S)

L = Leads to
T = Type

This would be an **assertive** response.

This would be an **aggressive** or **disruptive** response.

This would be a **cooperative** response.

**Possible consequences of an assertive** response.

**Possible consequences of an aggressive** or **disruptive** response.

**Possible responses to a cooperative** response.
What is the bad thing that happened to you?

What can you do right now?

What actions can you take to fix it?

How can you think about it in a better way?

How can you deal with your feelings about it?

What can you do to avoid this type of thing in the future?
THIS HAPPENS AGAIN AND AGAIN IN YOUR LIFE AND YOU DON’T LIKE IT!

What usually starts it off?

What do you usually think and feel as it’s starting?

What do you usually do?

What usually happens as a result?

How could you avoid or change what starts things off?

How could you think or feel differently when it starts?

What could you do differently, once it starts, to make it less negative?

FIXING A NEGATIVE PATTERN