

02 Event

SECTION

Event

GET A CLEAR SNAPSHOT

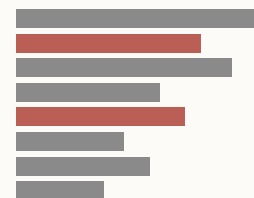


TABLE OF DECISION / HOT SEAT

WHO
WHAT
WHERE
WHEN



The clearer the event, the easier it becomes to notice what is happening beneath the surface.

Good Questions

- What happened?
- Where were you, and who was there?
- What was said or done?
- What moment in the interaction stands out most?
- Was there a time when you felt unseen, misunderstood, or dismissed?
- Did something leave you frustrated, rejected, ashamed, or disappointed?
- Did your body react strongly during the interaction?
- What sentence, look, or comment keeps replaying in your mind?
- Did a small mistake or missed expectation feel heavier than it should have?

Rules of Thumb

- Start specific, not general.
- Choose a recent event when possible.
- Stay with one moment before interpreting it.
- Use the person's own words for what happened.
- Facts first: who, what, where, when.

REMEMBER

Start specific, not general.

