

Scenario debrief 1

Use this after any Scenario Lab (TM) exercise or a real situation that made you uneasy.
Write it the same day, while the detail is still yours.

DATE

TIME OF DAY

PLACE

WHAT HAPPENED

WHAT I NOTICED FIRST

WHAT MY BODY TOLD ME

DECISION I MADE, AND WHEN

WHAT WORKED

WHAT I WOULD DO EARLIER NEXT TIME

ONE ACTION I WILL TAKE THIS WEEK

Scenario debrief 2

Use this after any Scenario Lab (TM) exercise or a real situation that made you uneasy.
Write it the same day, while the detail is still yours.

DATE

TIME OF DAY

PLACE

WHAT HAPPENED

WHAT I NOTICED FIRST

WHAT MY BODY TOLD ME

DECISION I MADE, AND WHEN

WHAT WORKED

WHAT I WOULD DO EARLIER NEXT TIME

ONE ACTION I WILL TAKE THIS WEEK