



Name: _____ **Day/Date of Incident:** _____

My Unexpected Behaviour

What happened? What was my unexpected behaviour?	How did my unexpected behaviour make other people feel?	What consequences are there for me for my behaviour?	How does this make me feel?

Expected Behaviour

What behaviour was expected at the time?	How would expected behaviour have made people feel?	What consequences would there be for me for expected behaviour?	How would this expected behaviour make me feel?