

Reflection Sheet

What triggered my behavior?

My expected behaviors were...

My unexpected behaviors were...

The size of my problem was... (circle one)

Small

Medium

Large

SUPER SIZED

The size of my reaction was....(circle one)

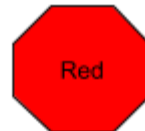
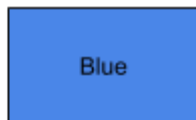
Small

Medium

Large

SUPER SIZED

I was in this zone... (circle the zone).



Next time I can....