

What could have been happening for others in that situation?

What have I been told by others about the situation and how might I have been influenced by that?

> How do I think the other people may have felt? Have I checked in with them since?

What is the other person's understanding of the situation now? How have I checked this with them?

How clear is the other person about what happens next or of the outcome? How do I know this?

Looking back, what do I want to talk to others about? Who? When will I do this?



How clear am I about what I need to do next?

What different options do I have in terms of what I do next?

Who or what might support me in taking the next steps?

What do others need to do next? Is everyone in agreement? If not what more could be done?

What learning can I take from this experience which may help me to think about my future practice?