

Reflective Behavioral Journal

What happened and what were you thinking at the time of the incident?
W/L-4-L
What have you thought about since?
Who has been affected by what happened and how?
who has been affected by what happened and how:
What about this has been the hardest for you?
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What do you think needs to be done to make things as right as possible?

Name: _____ Date: _____