

Incident Report

1. Describe the situation.
2. How did you address the situation?
3. How do you currently feel about the situation?
4. Do you have any fears/worries about the situation?

5. Where do you need to shift your focus in order to feel better about the situation?

6. If you were to encounter this situation again, what would you do differently?

7. What do you need to keep in mind for the future?

8. Other comments: