

5th Step & 10th Step Questions to help get to the exact nature

1 What Happened?

- One sentence or 2 at the most.

2 How did you feel?

- Take time to think about all your feelings at the time. Be as thorough as possible

3 What did you think?

- What thoughts did you have at the time?

4 What did you do?

- How did you respond at the time?

5A (if this is in your PAST)

- How do you think this situation has affected you long-term?

5B (If this is in the PRESENT)

- How do you think you could have responded differently?