

Write Your Story

Situation overview

Write a brief couple of sentences about the situation and the feedback you received.

Negative view

Write the story of the event and feedback taking a completely negative perspective.

Positive view

Write the story of the event and feedback taking an entirely positive perspective.

Choose your story

Now write your story in a way you can see all points of view and learn from the situation in order to develop, grow, and get better at how you behave and interact with others in the future.