## This didn't work out. What's my next step?

1 What happened?	2 What was your strategy?	3 Why did you choose that strategy?
4 What happened when it didn't work out?	5 Describe what's been going through your head since then.	6 What have you learned that will help you do better next time?
7 What new strategies can you try or who can you ask for help?	8 What's the new plan?	9 How will you deal with thoughts that could keep you from trying?

