

Name: _____

BLUEPRINT REFLECTION WORKSHEET

What happened? Describe the situation.

YOUR PERSPECTIVE**How did you feel?** *(Recognize/Label)***What caused these feelings?** *(Understand)***How did you express or regulate your feelings?** *(Express/Regulate)***How might your actions have affected others?****OTHER PERSON'S PERSPECTIVE****How might they have felt?** *(Recognize/Label)***What might have caused these feelings?** *(Understand)***How did they express or regulate their feelings?** *(Express/Regulate)***How did their actions affect you/others?**

What could you have done to handle this situation better? What can you do now?