**My Explanation Change Worksheet**

|  |
| --- |
| **Frustrating Event**:       |
| **Why did it happen?**      (your first response) |
| **Temporary explanations** | **Actions to take** |
|       |       |
|       |       |
|       |       |
|       |       |
|       |       |
| **Frustrating Event**:       |
| **Why did it happen?**      (your first response) |
| **Temporary explanations** | **Actions to take** |
|       |       |
|       |       |
|       |       |
|       |       |
|       |       |