

THINKING IT THROUGH: SAR WORKSHEET

Instructions: Take a situation you've been in and critically think through what happened, what your role was, the result and whether you could or would do anything different. If you could have done something different what do you think the result would have been, what can you do differently or replicate next time.

Situation:

What happened? Where were you? Who were you with? What were you doing?
What was your role in the situation?

Action:

What did you do? How did you react? How did others react?

Result:

What was the outcome? Was it good or bad? Would you do anything differently, if so, what? If you could change the aspects in your control how could the situation ended differently?



mandy french



hello@mandyfrench.com
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