

DATE _____ ISSUE _____

What is happening?

How do you feel about it?

What are you thinking?

DATE _____ ISSUE _____

What is your major concern?

How likely is it that this concern will actually happen?

How do you know?

DATE _____ ISSUE _____

What would you do if your concern materialized?

Are there any hidden benefits or helpful takeaways in this situation?

How can you make the most of this benefit or takeaway?

DATE _____ ISSUE _____

Is there anything else you want to say about this?