

	How did the difficulty come about?	What did you really want from the person or situation? What did you actually get?	What did the other person want? What did they actually get?	How did you feel (physical sensations, emotions and thoughts)?	Have you resolved this issue yet, if so, how?
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					