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)	
Why did it happen?	Actions to take
Why did it happen? (your first response)	Actions to take
Why did it happen? (your first response)	Actions to take
Why did it happen? (your first response)	Actions to take
Why did it happen? (your first response)	Actions to take