**Session 1- Talking it through**

**What has happened/why are we here today?**

**……………………………………………………………………………………………………………………………………………………………………………………………………**

**How did you feel at the time? Please circle**

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 **Good Rubbish OK Normal**

**What were you thinking?**

**……………………………………………………………………………………………………………………………………………………………………………………………………**

**What feelings have you had since this happened? Please circle**

     

 Angry Sad Hurt Shocked Confused

WHY ?

**………………………………………………………………………………………………….**

**Since it happened has anything changed for you and your family?**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

**What’s been the hardest thing for you?**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**

**What do you want to happen?**

**………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………**