

What Happened? Have you had an impactful deployment experience that has left you with feelings of guilt? On the left side of the table, briefly write down what happened. Then make some notes about what your thoughts and feelings were at the time. On the right side, describe your current thoughts about this event. Try to be clear about how your thinking may have changed from the time of the experience until now.

Description	Commentary
Action Sequence	
Thoughts	
Feelings	