Module:

**Relationships**

**Reflective log questions:**

Think of a time when you’ve needed to draw upon the marble jar to reconnect in a relationship.

* What happened?
* What were you thinking/feeling at the time?
* How do you feel about it now?

Thinking about the Social discipline window, which box were you in during this time?

How might the situation have been different if you’d have been in the WITH box?

What could the outcome have been?

Thinking about restorative circles think about what it feels like to be truly heard.

Can you share a time where you believe you were truly listened to.

What happened? How did you know?

Reflective log:

Module:

**Relationships**

Reflective log (continued):

