

Date: \_\_\_\_\_

People Involved: \_\_\_\_\_

What they did/said: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What you did/said: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What happened next: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

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Date: \_\_\_\_\_

People Involved: \_\_\_\_\_

What they did/said: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What you did/said: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What happened next: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_