A page for a hard moment

Choose one exchange you keep replaying. One sentence on each line is plenty. You can take this page into a conversation or keep it to yourself.

What happened?

Write what someone else in the room could have seen or heard.

What did I take it to mean?

Use your own first thought, even if you have doubts about it now.

What do I want, and what can I ask for?

Try one sentence the other person could answer. You may choose to keep it here.

What can I do next?

Choose something within reach. Give yourself a time to come back to the rest.