

Post-Accident Reflections and Learning

1. In hindsight, what helpful lessons have you learnt from the effects of the accident?
2. How can this learning be used to help you build resilience for the future?
3. What negative thoughts, feelings and behaviours are you now willing to let go of in order to help achieve things that are important to you for the future?
4. What do you want to focus on for the future and why is this important?