**DRAMA TRIANGLE PRACTICE LOG**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **THE PROBLEM****My Complaint / Frustration** | **THE SHIFT****What Do I Really Want?** | **THE ACTION****My Next Step / Next Time I Will…** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |