**Table 11.1** What happened?

|  |  |  |  |
| --- | --- | --- | --- |
| What happened? | How much was my fault? What could I have done instead? | How much was someone else’s fault? What could they have done instead?  | How much was down to chance and not anyone’s fault?  |
| You got soaked in a rainstorm.  |  |  |  |
| You arrived late and missed the beginning of the match. |  |  |  |
| Your friend isn’t speaking to you because you forgot their birthday.  |  |  |  |
| You swerved to miss a car and fell off your bike. |  |  |  |



**Photocopiable:** *Circle Solutions for Student Wellbeing* 3e Sue Roffey, 2020 (SAGE)