This log is designed to reflect your ongoing engagement with Emotion Coaching in practice. There needs to be **at least** 3 entries over a **three-month period**.

Please include an example of when Emotion Coaching did not ‘go as planned’ as well as examples of successful in your reflective log.

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| **Situation** | **Emotions I experienced** | **Emotions I thought the child was feeling** | **What I did** | **What aspects of EC were used in that moment** | **What did the child do** | **What did I learn about EC practice from this example?** |
|  |   |  |   |  |  |   |
| **Situation** | **Emotions I experienced** | **Emotions I thought the child was feeling** | **What I did** | **What aspects of EC were used in that moment** | **What did the child do** | **What did I learn about EC practice from this example?** |
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