

WORKSHEET:

Recording Events



As you advocate for yourself, you will probably need to tell and re-tell the story about the situation which made you decide to advocate for yourself. The people you deal with while trying to resolve your situation will appreciate you being as brief and consistent as possible.

The questions below are intended to help you be clear about what happened, when it happened, and whom you are dealing with now about the situation.

What happened?

Where did the incident occur?

When did it happen?

What were the reasons the people I was dealing with did not give me what I asked for?

What are the names of the people I talked to at the agency, or agencies, to try and resolve this situation?

How did this infringe on my rights?