

What Happened Last Time You Tried

A record of what you have already been through, so it is not repeated blindly.

WHEN TO USE THIS

Use this before a conversation about trying something new.

What have you tried before?

WHAT YOU TRIED	HOW LONG FOR	WHAT HAPPENED

Which one came closest to helping?

What are you not willing to go through again?

What do you want to ask before starting anything new?

Your history is useful information. Bring it, do not wait to be asked.