Status as Character Starts Next Scene

OR

NOTES/QUESTIONS

Behaviors/Actions

(helpful or may cause more problems for your character)

In the Moment Thoughts

(helpful hurtful; may keep character stuck; may inspire change; distortions; tenuous; contradictory)

Emotions

(helpful/hurtful; may keep character stuck or inspire change)

SCENE

Change or Stagnation?

(How do THESE Thoughts, Emotions, and Actions move your character toward their transformation OR add barriers? Is he the same now after this scene as he was before? In what way(s)?)