A close up of a logo

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What **happened**?

What did you **feel**?

How did you **react**?

What did you **learn**?

**Exploring the QI Journey of Emotions**

It’s great to share success, but QI can also be tough - sometimes only seeing positive stories can make us feel that we aren’t allowed to struggle during QI! We want to help Improvers understand when others face the same struggles.

To help us explore this journey of emotions, please share a time you’ve struggled during an improvement journey by tweeting a short video or this completed template with a photo to **@Psychology4I** and **@ABCiAb** including **#Psy4I**

Tune in to the #QIhour Tweet chat at 8pm GMT on 25 November to join the conversation or catch up and contribute asynchronously afterwards!