

DOUSE Checklist (Closing)

Double-check

What progress have you made during the conversation towards the goal you set at the start?

Obstacles

What might stop you taking your next step?

What allies can you invite to help progress?

Who can you invite to hold you to account?

Uncovered

What have you uncovered?

What have you learnt about yourself?

What have you learnt about this situation that you can apply going forward?

Support

What support do you need from here?

Ending

Is this a good place to end?
