

After the event you can process how it went by asking yourself some of these questions. These can help you decide if you enjoyed it and if you'd want to do something like it again.

Do You Think It Went Well?

- If **YES**, what did you like most about it?
- If **NO**, what went wrong?
 - Were you uncomfortable?
 - Did you not like the specific activity or the people?
 - Was the environment overstimulating?

Was It Fun? Worthwhile? And/or Something You Want To Do Again?

- Did you enjoy the activity you were doing?



Do You Like the People You Met?

- Do you think this is the right social group/activity for you?

Did You Receive Enough Support?

- Will you need/want more or less support for future events and activities?
- Do you need a different kind of support or were your support needs adequately met?

Did You Spend More Time Than You Planned or Did You Feel Pressured to Spend More Time Than You Wanted to?

Did You Need to Take a Break During or After the Event?

- Were you able to find a space to relax in?
- Was the break sufficient enough to help you feel rejuvenated?

How Much Energy Did You Use?



Are You Willing to Attend Another Event/Activity/Social Group Again?

