

# The 4F Debrief Framework

extract

## Facts

*What happened?  
What did you see? hear? think?*

## Feelings

*How do you feel about it?  
Is this a good or a bad thing?*

transfer

## Findings

*What can we learn from this experience?  
What can we gain from this?*

## Future

*How can we use/apply what we have learned?  
What is going to be different the next time?*