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| **Date of Reflection:** **Client / Activity Name / Code:****Purpose of Reflection:** |
| **WHAT (returning to the situation)*** is the purpose of returning to this situation?
* exactly occurred in your words?
* did you see? did you do?
* was your reaction?
* did other people do? eg. colleague, patient, visitor
* do you see as key aspects of this situation?
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| **SO WHAT (understanding the context)*** were your feelings at the time?
* are your feelings now? are there any differences? why?
* were the effects of what you did (or did not do)?
* “good” emerged from the situation, eg. for self/others?
* troubles you, if anything?
* were your experiences in comparison to your colleagues, etc?
* are the main reasons for feeling differently from your colleagues etc?
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| **NOW WHAT (modifying future outcomes)*** are the implications for you, your colleagues, the patient etc.?
* needs to happen to alter the situation?
* are you going to do about the situation?
* happens if you decide not to alter anything?
* might you do differently if faced with a similar situation again?
* information do you need to face a similar situation again?
* are your best ways of getting further information about the situation should it arise again?
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