

Date :

Client :

Reflection Questions – What did I observe? What did I do/see others do?

- ☐ Who was present?
- ☐ What did I see?
- ☐ What did I hear?
- ☐ What non-verbal cues did I notice?
- ☐ What did I say/do in the situation?
- ☐ What did I see others say/do in the situation?
- ☐ What feelings/thoughts (mine) did I notice in the situation?

Reflective Questions – What do I now notice/feel/think about what I observed?

- ☐ Upon reflection - what feelings do I have about the situation?
- ☐ What thoughts are coming up about what could have/should have/might have occurred?
- ☐ How was power displayed in the interactions ?
- ☐ What values/beliefs were reflected in the interactions I observed?
- ☐ What strengths and resources did I notice in the client and their situation?
- ☐ What thoughts are coming up - about what could have/should have/might have occurred?
- ☐ What structural elements did I notice in the client's story?
- ☐ How do these intersect to affect the client's autonomy/options?
- ☐ Where did the client exercise power?

Reflexive Questions – How do my values/ beliefs/ knowledge influence me?

- ☐ How do my values/beliefs influence my thoughts/feelings about the client and their situation?
- ☐ What value judgments was I aware of while listening to the client?
- ☐ What social work and/or other practice theories did I think about?
- ☐ How did theory/ies influence my thoughts/actions?
- ☐ What feedback did I seek/receive from the client about my presence/role?
- ☐ How important was it for me to hear/be heard?
- ☐ What did I do well?
- ☐ How did I use professional power used in the situation?
- ☐ What could I do differently/learn more about?

What Have I Learned about myself/my client/my practice?