

# Under- standing the role of self- reflection.



Self-reflection is a valuable tool that can enhance your therapeutic experience. This resource provides structured exercises to help you prepare for and make the most of your therapeutic conversations.

### Step One

- Notice: What situations regularly prompt strong reactions?
- Record: When do you feel most at ease or challenged?
- Observe: What recurring thoughts arise during your day?

### Step Two

- Take a moment to notice your current state
- Observe without judgment
- Note any physical sensations or thoughts

### Step Three

- What typically draws your attention?
- How do you respond to unexpected changes?
- What activities help you feel centred?

### Step Four

- Consider keeping brief notes about your reflections
- Remember there are no "right" or "wrong" observations
- Your insights can help inform therapeutic discussions