



6 Steps to Self-Reflection



Step 1: Detailing the situation (What happened?)



Step 2: Assessing your emotional state (What was I thinking and why did I feel the way I did?)



Step 3: Making sense of the situation (Why did it happen?)



Step 4: Critically reviewing and developing insights (What did I learn?)



Step 5: Changing your practice (What else could I have done? How can I do better in the future?)



Step 6: Reinforcing your reflection (What happens when a similar situation arises?)

Reference: Koshy, K., Limb, C., Gundogan, B., Whitehurst, K., & Jafree, D. J. (2017). Reflective practice in health care and how to reflect effectively. *International journal of surgery. Oncology*, 2(6), e20. <https://doi.org/10.1097/IJ9.0000000000000020>