**SIX STEPS TO Self-Reflection**

1. **Detailing the Situation**
   What happened?

2. **Assessing Your Emotional State**
   What was I thinking and why did I feel the way I did?

3. **Making Sense of the Situation**
   Why did it happen?

4. **Critically Reviewing and Developing Insights**
   What did I learn?

5. **Changing Your Practice**
   What else could I have done? How can I do better in the future?

6. **Reinforcing Your Reflection**
   What will happen if a similar situation arises?

**Adapted by PATHS, York University from:**

https://ecampusontario.pressbooks.pub/paths/