



SELF-REFLECTION SERIES

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?



Critically Reviewing and Developing Insights

What did I learn?

4

Changing Your Practice

*What else could I have done?
How can I do better in the future?*

5

Reinforcing Your Reflection

What will happen if a similar situation arises?

6



Adapted by PATHS, York University from:
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>

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

