

Carers' Self Advocacy Toolkit

Reflecting on events



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This exercise helps you assess incidents that have occurred with others. This may help you to be more aware about what was going on for you at the time and how you communicated your needs to others. It could be used to reflect on any situation with others that has created negative feelings and can also help you identify learning – how you may want to try something different next time.

Date	
What happened?	
How did I feel about it at the time? How do I feel now?	
What is my honest objective assessment of what happened? What were the causes? – <i>What did the other person want/need? What did I want/need?</i>	
What can I learn from this?	
What improvement do I want to make to reduce a recurrence of this?	
What do I need to do to learn or achieve this? Who do I need to go to for help?	
How will I know that I've succeeded in this – what will success look like? evidenced by what happened (facts)	
What aspect of my life/caring role does this relate to?	