

Reflections on Learning from my Past

Reflection reinforces learning within sessions, but more importantly, leads to deeper insights between therapy sessions (Bennett-Levy et al., 2009)

Discuss something from your past that may have led to a different outcome if you had reacted or behaved differently.

Reflect on each of the questions and complete the column to the right to gain a deeper insight and consider lessons you can learn and different behaviors that you can adopt.

Reflective Question	Response
What happened or what was the event?	
How did it make you feel?	
How did you handle it?	
How could you handle it differently?	
What might be the outcome?	
What did you learn about yourself?	
What things could you do to stop and think rather than behave as you did the last time?	

References

- Bennett-Levy, J., Thwaites, R., Chaddock, A., & Davis, M. (2009). Reflective practice in cognitive behavioural therapy: The engine of lifelong learning. In J. Stedmon, & R. Dallos (Eds.), *Reflective Practice in Psychotherapy and Counselling* (pp. 115–35). Milton Keynes: Open University Press.

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