

Reflective Questions in Therapy

Reflection is an essential part of therapy.

Using the questions in the table below, the therapist can encourage and facilitate the process of reflection in the client (Bennett-Levy, Thwaites, Chaddock, & Davis, 2009):

| Questions to reflect upon | Reflections |
|-----------------------------------------------------------|-------------|
| What do I wish people understood about me better? | |
| What behaviors and beliefs do I want to let go of? | |
| Have I had a healthy work-life balance this year? | |
| Have I been receiving enough support this year? | |
| Am I feeling supported by my family and friends? | |
| Have I been supporting others this year? | |
| Have I been true to myself in terms of my career choices? | |
| Have I taken enough time to develop myself this year? | |

| Questions to reflect upon | Reflections |
|----------------------------------------------------------------------|-------------|
| Have I developed myself in areas that are of genuine interest? | |
| How can I improve these experiences in the future? | |
| Do I feel I have grown and developed over the past year? | |
| Who has inspired me this year? | |
| Have I tried to connect with these individuals? | |
| Has my idea of 'success' changed at all this year? | |
| What are my goals and dreams? | |
| Have my actions and decisions this past year reflected this? | |
| What's stopping me from taking steps to achieve my goals and dreams? | |
| In the future, how can I work through what's stopping me? | |

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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