**Reflective Questions**

These questions were put together by a practitioner leading a reflective practice group. The questions could be used flexibly – try writing them on post it notes and dotting them around the table for people to engage with.

What happened-explore and explain what has happened. Don’t just describe it , focus on one aspect not the whole story,

**1**. Can you explain your approach using previous experience?

**2**. Is this similar or different from other situations you have dealt with?

**3**. Can you explain your approach using theory?

**4**. What does the law say? (Relevant legislation)

**5.** How did you use policy?

**6**. How do you feel?

**7**. Did you make any assumptions?

**8**. Do you feel there are any weaknesses?

**9**. Do you know how your intervention made others feel, if so how?

**10**. Will you do the same things again?

**11.** Will you do things differently in the future?

**12**. What have you learned from this?

**13**. Have you made any errors?

**14**. What have been your strengths + successes?

**15**. How do you think your intervention has impacted on the service user / carer.