

STAYING OPEN &
SELF-COMPASSIONATE

REFLECTION WORKSHEET

STAYING OPEN

How do I tend to disengage?

What causes me to disengage?

How can I instead stay open? What could help me to remember?

WISE REFLECTION

-choose a patient you recently struggled with-

What went well?

What didn't go so well?

What did I learn from this experience?

How will this challenge allow me to improve my practice?

PAT YOURSELF ON THE BACK,
YOU'RE DOING GREAT!

