

## 1 A description of the event

**What?** trigger questions:

- is the purpose of returning to this situation?
- happened?
- did I see/do?
- was my reaction to it?
- did other people do who were involved in this?

## 2 An analysis of the event

**So What?** trigger questions:

- How did I feel at the time of the event?
- Were those feelings I had any different from those of other people who were also involved at the time?
- Are my feelings now, after the event, any different from what I experienced at the time?
- Do I still feel troubled, if so, in what way?
- What were the effects of what I did (or did not do)?
- What positive aspects now emerge for me from the event that happened in practice?
- What have I noticed about my behaviour in practice by taking a more measured look at it?
- What observations does any person helping me to reflect on my practice make of the way I acted at the time?

## 3 Proposed actions following the event

**Now What?** trigger questions:

- What are the implications for me and others in clinical practice based on what I have described and analysed?
- What difference does it make if I choose to do nothing?
- Where can I get more information to face a similar situation again?
- How can I modify my practice if a similar situation was to happen again?
- What help do I need to help me 'action' the results of my reflections?
- Which aspect should be tackled first?
- How will I notice that I am any different in clinical practice?
- What is the main learning that I take from reflecting on my practice in this way?