

Reflective Practice Prompts

Curious Questions:

- When that happened, how did you feel?
- I wonder, what did that feel like for you?
- I'm curious how working with that individual felt for you?
- Is it ok if I pause here, can you tell me a bit of what feelings came up for you?
- What emotions does it bring up?

Checking in:

- How are you sleeping at night? Are any of your cases keeping you awake?
- Are there any clients you feel like you're taking home with you?
- That was a pretty rough situation. How are you at letting these kinds of situations go?
- What effect is this work having on you?
- How is your energy when you are coming in in the mornings?
- Now that you have described that situation, go back to that day. How long did it take you before you were able to let it go?

General Reflection:

- What was that like for you?
- What did you like about how you handled that situation?
- What would have made that easier for you to manage?
- What makes this case especially hard for you?
- What types of cases are most difficult for you?

Emotional Reward Prompts:

- Tell me about your successes this month?
- In which ways can you give yourself credit for your successes?
- What did you do or say that helped lead to changes?
- What makes you feel proud or successful in your role?