

John's (2000) model of structured reflection:

Looking in

- Find a space to focus on self
- Pay attention to your thoughts and emotions
- Write down those thoughts and emotions that seem significant in realising desirable work.

Looking out

- Write a description of the situation surrounding your thoughts and feelings.
- What issues seem significant?
- Aesthetics

What was I trying to achieve?
 Why did I respond as I did?
 What were the consequences of that for the patient/others/myself?
 How were others feeling?
 How did I know this?

- Personal

Why did I feel the way I did within this situation?

- Ethics

Did I act for the best? (ethical mapping)

- What factors (either embodied within me or embedded within the environment) were influencing me?
- Empirics

What knowledge did or could have informed me?

- Reflexivity

Does this situation connect with previous experiences?
 How could I handle this situation better?
 What would be the consequences of alternative actions for the patient/others/myself?
 How do I *now* feel about this experience?
 Can I support myself and others better as a consequence?
 How available am I to work with patients/families and staff to help them meet their needs?

Grid for considering the cue: What internal factors were influencing me?

Expectations from self: · obligation/duty · conscience · beliefs/values	Negative attitude towards the patient/family?	Expectations from others: · in what way?
Normal practice - felt I had to conform to a certain action	What factors influenced my actions?	Loyalty to staff versus loyalty to patient/family?
Fear of sanction?	Time/priorities?	Anxious about ensuing conflict?