Descriptive level of reflection  

What ...  

... is the problem/difficulty/reason for being stuck/reason for feeling bad/reason we don’t get on/etc., etc.?  

... was my role in the situation?  

... was I trying to achieve?  

... actions did I take?  

... were the consequences  
  - for the patient?  
  - for myself?  
  - for others?  

... feelings did it evoke  
  - in the patient?  
  - in myself?  
  - in others?  

... was good/bad about the experience?  

Theory- and knowledge-building level of reflection  

So what ...  

... does this tell me/teach me/imply/mean about me/my patient/others/ our relationship/my patient’s care/the model of care I am using/my attitudes/my patient’s attitudes/etc., etc.?  

... was going through my mind as I acted?  

... did I base my actions on?  

... other knowledge can bring to the situation?  
  - experiential  
  - personal  
  - scientific  

... could/should I have done to make it better?  

... is my new understanding of the situation?  

... broader issues arise from the situation?  

Action-oriented (reflexive) level of reflection  

Now what ...  

... do I need to do in order to make things better/stop being stuck/improve my patient’s care/resolve the situation/feel better/get on better/etc., etc.?  

... broader issues need to be considered if this action is to be successful?  

... might be the consequences of this action?