

Descriptive level of reflection

Theory- and knowledge-building level of reflection

Action-oriented (reflexive) level of reflection

**What ...**



**So what ...**



**Now 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?

... was the response of  
others?

... 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?

... 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?

... 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?

Rolfe's Framework for Reflective Practice