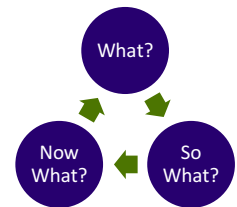
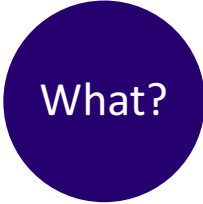




# Rolfe et al's Reflective Framework (2001)



Descriptive Level of Reflection	Theory and Knowledge Building	Action Oriented (Reflexive) Reflection
		
<p>What is the problem/ difficulty/ reason for being stuck/ reason for feeling bad/ reason we don't get on/etc...?</p> <p>What was my role in the situation?</p> <p>What was I trying to achieve?</p> <p>What actions did I take?</p> <p>What was the response of others?</p> <p>What were the consequences?</p> <ul style="list-style-type: none"> <li>❖ For the client?</li> <li>❖ For myself?</li> <li>❖ For others?</li> </ul> <p>What feelings did it evoke?</p> <ul style="list-style-type: none"> <li>❖ In the client?</li> <li>❖ In myself?</li> <li>❖ In others?</li> </ul> <p>What was good/bad about the experience?</p>	<p>So what does this tell me/ teach me/ imply/ mean about me/ my client/ our relationship/ my client's care/ the model of care I am using/ my attitudes/ my client's attitudes/ etc...?</p> <p>So what was going through my mind as I acted?</p> <p>So what did I base my actions on?</p> <p>So what other knowledge can I bring to this situation?</p> <ul style="list-style-type: none"> <li>❖ Social policy</li> <li>❖ Legislation</li> <li>❖ SW Theory</li> <li>❖ Personal</li> </ul> <p>So what could / should I have done to make it better?</p> <p>So what is my new understanding of the situation?</p> <p>So what broader issues arise from the situation?</p>	<p>Now what do I need to do in order to make things better/ stop being stuck/ improve my clients care/ resolve the situation/ feel better/ get on better/ etc...?</p> <p>Now what broader issues need to be considered if this action is to be successful?</p> <p>Now what what might be the consequences of this action?</p> <p>Now what what planning is required to activate the new direction?</p>