Action Plan
If it arose again, what else would you do?

Conclusion
What else could you have done?

Analysis
What sense can you make of the situation?

Peelings
What were you thinking and feeling?

Evaluation
What felt good and what felt difficult?

Appendix 1 - Reflective Cycle Prof Christopher Johns

Description	
What Happened	
Feelings	
What were you thinking and	
feeling	
Evaluation	
What felt good?	
What felt difficult?	
Analysis	
What sense can you make of	
the situation	
Conclusion	
What else could you have	
done	
Action plan	
If it arose again what would	
you do	