Assessment

Reflection assignment

Answer the questions below in full sentences. Be honest, specific, and concise.

1. What was the situation you described?

2. What was your **sabotaging ABC** in this situation? (Which character did it reflect?)

3. What was your **supporting ABC**? (Which character did it reflect?)

4. How does this supporting ABC align more closely with your core or authentic self?

5. What did you experience during the simulation? Consider your thoughts, emotions and bodily sensations.

6. What behavioural choices did you make?

7. What were the effects of these choices, both on yourself and on your peers?

8. What worked well for you in this exercise?

9. What didn't work so well?

10. What insight or learning do you take with you for the future?