

Assessment

Reflective questions (Step 2)

1.	What bodily sensations or reactions did you feel while adding to your file?

2. What emotions did you experience during this period and how intense were they?

3. Did anything trigger those emotions? If so, what were those triggers?

4.	Did you notice any patterns in your emotions throughout this period?
5.	If your logbook could convey a message in words, what would it say?