

# Personal Reflections

## A SELF-ASSESSMENT TOOL

**Pro tip:** We encourage you to write out responses to these reflective prompts rather than merely reading and thinking about them.

### 1. Actioning trauma and violence-informed principles

- Do you think you are already trauma and violence-informed? How do you know?

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- How does actioning trauma and violence-informed principles feel to you? Do you need more clarity or direction? How will you get it?

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### 2. Gender and Trauma

- How have your parents, family members, classmates/peers, and romantic interests influenced your beliefs about gender?

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- If you did not behave according to gender expectations/roles, were there any consequences?

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- Do you expect men and women to behave in certain “proper” ways? How do you react when they don’t?

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- When someone calls you out regarding potentially harmful behaviours towards 2SLGBTQ+ individuals, do you feel compelled to quickly defend yourself and your intentions? Why is that? What are you hoping to communicate with this?

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- How do I feel about being asked to use or corrected to use non-binary pronouns (they/them, etc.)?

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### 3. Race and Trauma

- Do you have intrusive thoughts and memories of similar events as those you hear from your clients within your family, friends, or home communities?

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- Are you having physical reactions to something that reminds you of your own traumatic events?

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- Do you want to avoid people who are of a different race than you?

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### 4. Cultural humility

- Think of your own heritage – how do you define a good person or a good family?

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- Do you expect others of a similar background to feel the same way?

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- Would you judge them if they came from your home community but believed differently?

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- Are you comfortable with not knowing, able to accept that you cannot master another culture?

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- Have you committed to lifelong learning about the many cultures in your community?

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## 5. Communication

- What words have you used that have become emotional triggers for your client (s)?

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- What have you replaced these words with?

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- What are your psychological (cognitive and emotional) trigger words and phrases?

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- How will you manage your response when you hear them?

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## 6. Serving “difficult” clients

- How have you responded to “difficult clients” in the past?

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- What is your go-to response when faced with people externalizing their crisis?

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- Does it work for them? If not, are there changes you can make?

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## 7. Safe and supportive environments

- Does your physical work environment support or negatively impact your client's experience? If so, how?

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- What can or should you change?

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- How will you address things that you can not change?

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## 8. Collaboration and compassion

- How can you be more present with the people you encounter every day?

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- How can you bring more authenticity to your interactions?

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- Where can you be more collaborative with clients and colleagues?

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- What of your own experiences and history informs your work? Does it help or hinder you?

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- What do you keep trying to do that is impossible? Why do you keep trying to do it? Can you let go?

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## 9. Empathy

- What are the stigmas and biases you carry? How do you reach past them?

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- How do you define empathy? How is it different from sympathy/pity?

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- What role has empathy played in your life? Think about a situation where you have experience empathy or witnessed empathy. How did it make you feel?

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- Do you try to incorporate empathy into your everyday life? How do you do this?

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## 10. Trauma Exposures Responses

- How do you feel and respond to what you are exposed to in your work?

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- How do you decide when it is too much?

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- What can you do to recenter and/or ground yourself?

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- What are you doing right now to stay healthy and whole in your work?

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## 11. Personal health and wellness

- What have you done in the past to let go of your day? Was it healthy?

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- What can you do more of to be more mindful?

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- What can you minimize to be more mindful?

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- Do you practice the basics of personal health and wellness: good nutrition, adequate sleep, and regular exercise as well as social connections? Mindfulness activities?

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- Do you think that your self-care and wellness strategy is adequate and effective?

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## 12. Personal Resilience

- What are some of your resiliency life lessons?

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- How do they shape how you face adversity and/or challenges today?

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- How did you turn your experiences into lessons and opportunities for personal growth?

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- What can I do to increase my awareness of my own thoughts and feelings? What can I do to develop my emotional intelligence and agility and the associated ability to regulate my emotions?

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- What lessons do you need to learn today?

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- What did you want to happen today?

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- What went well? What did not go the way you intended?

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- What did you learn? What will you do differently next time?

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- What do you need to let go of to be able to move on – to ensure you don't become stuck?

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