

Strength-Based Reflection for Supervision

- ☐ What emotions are you feeling right now? Where in your body are you feeling it? What does it feel like?
- ☐ What other difficult situations and times have you felt like this? How did you get through those times?
- ☐ What skills, strengths, resources, resilience and positive qualities did you use?
- ☐ How can you build on or reconnect with those skills and resources?
- ☐ How can you borrow hope or strengths or wisdom from other people, such as your mentors or people that inspire you?
- ☐ What have you learned from this experience and when can you use these skills in the future?
- ☐ How can I celebrate myself for taking this time for strengths-based reflection?