

Questions to help in learning from an experience:

Adapted from Palmer, Burgess, and Bulmer, *Reflective Practice in Nursing*. Oxford: Blackwell, 1994.

Description of an experience

A simple series of questions to help in analysing an experience:

Phenomenon	Describe the 'here and now' experience
Causal	What essential factors contributed to this experience?
Context	Who else was involved in the background?.
Clarifying	What are the key processes (for reflection) in this experience?

Reflection on an experience

A series of questions to help further reflection:

- What was I trying to achieve?
- Why did I intervene as I did?
- What were the consequences of my actions for:
 - myself?
 - the parishioner, person or family I was ministering to?
 - colleagues, team members, and people I work with?
- How did I feel about the experience when it was happening?
- How did the people I was ministering to feel about it?
- How do I know how they felt about it?

Influencing factors

- What internal factors influenced my decision-making?
- What external factors influenced my decision-making?
- What sources of knowledge did/should have influenced my decision-making?

Could I have dealt better with the situation?

- What other choices did I have?
- What would be the consequences of these choices?

Learning

- How do I *now* feel about this experience?
- How have I made sense of this experience in the light of past experiences and future ministerial practice?
- How has the experience changed my ways of knowing:
 - empirically?
 - theologically?
 - ethically?
 - personally (i.e. about myself)?