

Weekly Situation Reflection



Lincoln Bishop
University



How to use this weekly reflection!

This weekly reflection tracker is great for reflecting on all situations throughout your day! Everyday in the morning, afternoon, and evening, get this reflection tool out and write in what you've been up to in the day. You don't have to write everything, but include significant situations and tasks. Write about how you felt as well when experiencing these situations.

BONUS

How can you take this exercise further?

To make this resource EXTRA beneficial, try printing off a blank template for a friend/relative/partner. Then get this other person to fill in what they thought you were doing today (this can be based off what you've told them you're doing that morning for example, or through messaging throughout the day). They should also write how they think you felt at that moment. This task will then help you understand how you may come across to others and help you gain insight about yourself as well as how to communicate your feelings to others.

Weekly Reflection Tracker - EXAMPLE

Your Reflection

	Monday
Morning	Had a phone call this morning, I got really anxious and cried so much I had to leave my lesson.
Afternoon	I was angry from leaving uni, so I threw my lunch away as I'd lost my appetite. I tried making some later but got distracted and instead had some sweets
Evening	I knew I was wrong for locking my door but I felt so alone! I recognise now I could have communicated better.

Your Friend/Relative

	Monday
Morning	I knew she was going in to uni this morning as usual. She messaged me saying she struggled with a phone call, but she said 'i'm fine' afterwards, and I assumed she was really happy as she didn't message me again afterwards
Afternoon	She really enjoyed the lunch I made as she messaged me saying it was lovely!
Evening	I got home and she has locked herself in her room - this was ridiculous as she has had such a great day!

As you can see in the example above, reflections can help yourself find alternatives in the future, but improve the communication of your feelings with others around you who are there to support you! Have a go at your own today or tomorrow and see how you get on!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							