

Reflective Practice Exercise

1. Check any or all of the areas in which you feel challenged by someone:*

- Your self-confidence
- Your sense of safety
- Your sense of trust
- Your self-esteem and sense of competence
- Your beliefs
- Your world-view
- Your regulation of your own feelings
- Your need for control
- Your freedom to be yourself
- Your spirituality
- Other areas _____

2. Given this, what are some short-term goals you can set for your work with this person? Examples:

- Get ____ done that you've been putting off
- Find them ____ additional assistance that might help (e.g., connect them with a peer support line)
- Keep in mind that you may be the first place they felt safe to show anger
- Keep in mind that you are doing a good job
- Reduce your frustration with them during phone calls
- Make a decision about _____
- Other ideas _____
- Other ideas _____
- Other ideas _____

3. Is there anything that you can continue doing or start doing to make it easier for you to meet your goals? Examples:

- Set boundaries around phone calls
- Work on the case during a specific time each week, when possible
- Ask a co-worker to remind you of the ways that you are doing a good job
- Use calming or grounding techniques yourself during phone calls (e.g., coloring with crayons)
- Ask for additional supervision
- Write down things that you want to remember when you interact, such as not to take things personally, that you are doing a good job, etc.
- Tell them that they are making you feel bad
- Other ideas _____
- Other ideas _____
- Other ideas _____

* This checklist was developed by Susan Blumenfeld, LCSW, Child Trauma Training Director at NCDVTMH.