Reflective Journal on Experiences and/or Field Observations
(Especially Appropriate for Internships in the health sciences and teaching)

| Observation and Concrete Events | • What happened? What did the situation entail? What were the concrete events?  
| • How did you respond/react? What did you say and do?  
| • What were the consequences or outcomes for the student/patient, others and me?  
| • How was the patient/students/others feeling?  
| • How were they demonstrated? How do I know how they were feeling? |
| Analysis | • What was I trying to achieve?  
| • Why did I respond/react as I did?  
| • What are connections between the concrete events themselves (What you did and said and what patient/students/others did and said)? |
| Emotional Response | • How did I feel (emotionally) in this situation?  
| • How did I react physically to this situation? (anxiety, nervousness) |
| Conflicts | • Did my actions match with my own beliefs and values? If yes-how? If no – why not?  
| • What are my own beliefs in relation to this situation? |
| Knowledge | • What knowledge did or should have helped me? |
| Interpretation of experience | • How does this connect with previous experience?  
| • Could I have managed this situation better? How?  
| • What would be the consequences of alternative action for the patient, others or myself?  
| • Has this incident changed my ways of dealing with a similar situation?  
| • What do I need to do to learn from this situation?  
| • What alternatives do I see? What may be the advantages or disadvantages of each?  
| • Who can I talk to/consult? |