

Reflective Prompts

Affective Questions:

- When that happened, how did you feel?
- What did that feel like for you?
- You seem very energized when you describe that family. What is it about what happened there that is energizing?
- Is it sometimes a strain to find compassion for this parent/child/family?
- What emotional state are you in when you're interacting with this parent/child/family?
- Does this case press any hot buttons for you? What emotions does it bring up?

Checking in:

- How are you sleeping at night? Are any of your cases keeping you awake?
- Are your evenings sometimes interrupted by concerns about your clients?
- That was a pretty rough situation. How are you at letting these kinds of situations go? Does it keep you stirred up for too long?
- What effect is this work having on you?
- How is your energy when you are coming in in the mornings?
- Now that you have described that situation, go back to that day. How long did it take you before you were able to let it go?

General/Reflective

- What was that like for you?
- What did you like about how you handled that situation?
- What is the skill/knowledge that you wish you had to make that easier for you to deal with?
- What makes this case especially hard for you?
- What types of cases are most difficult for you?

Compassion Satisfaction Prompts

- Tell me about your successes this month?
- In which ways can you give yourself credit for your successes?
- What did you do or say that helped lead to changes?
- What makes you feel proud or successful in your role?