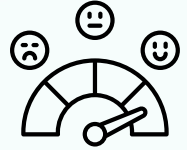


Reflective Prompts

1. Responding to Emotions



- When that happened, how did you feel?
- What would have made that easier for you to manage?
- What makes this case/task especially hard for you?
- That was a pretty rough situation. How are you letting these kinds of situations go?
- What did you like about how you handled that situation?
- Is it okay if I pause here? Can you tell me a bit of what feelings came up for you?

2. Emotional Check-In

- Let's take a deep breath and check in. What is one "feeling word" that describes where you are right now?
- Take a moment to think about your day. On a scale of 1-10 (10 = awesome, 1 = should have stayed home), how would you rate your day?
- Consider how you are feeling today. If your feelings had colors, what colors might they be?
- I remember last time we talked you were dealing with a stressful case. I'm wondering how you're feeling about that?

3. Secondary Trauma & Work Impact

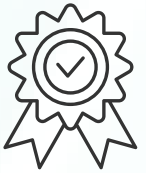


- Are any of your cases keeping you awake?
- Are there any clients you feel like you are taking home with you?
- What effect is this work having on you lately?
- Have you noticed a change in your energy when you come into work?
- Are you finding you're having a balance between work and personal life?
- When I had a similar case, I found that it was hard to not take those stories home with me. I want to check in if you are having a difficult time with that as well?
- Can we pause here, I'm wondering if this case/task is impacting you outside of work?

Reflective Prompts

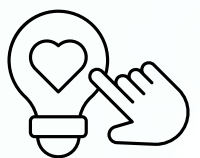
4. Emotional Rewards (Joy & Meaning)

- What is something that recently happened in your job that gave you meaning or joy?
- What is a part of the job that you most look forward to?
- What is an aspect of your work that you are grateful for?
- Amidst all the stress and challenges that come with this job, what gives you hope?
- Think back over the past month, what is one thing that gave you a sense of pride or accomplishment?
- Think back to when you started this work—what was your motivation?
- Despite how difficult that case/task might have been, what's one thing you feel good about?



5. Professional Identity, Strengths & Values

- What is one part of who you are—personality or skill set—that helps make you effective in your job?
- Are there skills you've learned professionally that you've been able to use in your personal life?
- Thinking back on your career, was there someone who was a model or inspiration?
- Thinking back on what you imagined this career would look like, what is one thing you didn't expect that surprised you?
- What is an aspect of your job that people may not realize you do?
- What is one professional hope you have for the next year?
- Imagine you're speaking to young people considering a career in this field—what is one reason you would tell them to consider this work?
- You did a really great job on that task/case. What skills or strengths do you think helped you to do so well?



Reflective Prompts

6. Challenges & Support Needs

- What is one of the more difficult aspects of your job or a current stressor?
- If you had the power to change one thing about your job right now, what would that be?
- If there were a resource you could magically have to help you do your job, what would it be?
- Are there ways in which our supervision is structured that works for you, or would it help if things were structured differently?
- I hear that there is a lot on your plate right now and you have some stressors at home. I'm wondering, as your supervisor, what can I do to support you in your work this week?



7. Re-energize & Recharge

- What is one part of who you are—personality or skill set—that helps make you effective in your job or fits well with the requirements of the job?
- Throughout your workday, what is something you do that helps you recalibrate or regroup?
- When you are in a funk or low energy at work, what support do you access to get through that?
- When you are away from the office or on break, what helps you recharge?
- What do you know about yourself that motivates or re-energizes you to get back into the work?

