

# REFLECTING AND PROCESSING SKILLS

After you have noticed how you are feeling and calmed your mind and body, you can begin to use skills of reflecting and processing.



## REFLECTING:

Thinking back over a feeling or situation

## PROCESSING:

Making sense of what we are feeling or the situation we are experiencing



There are many ways to reflect and process our emotions and situations we encounter:

THINKING

WRITING

SHARING  
WITH ANOTHER  
PERSON

BEING  
CREATIVE

No matter how you choose to reflect and process, you can use the reflection questions on page two to help guide you.

## REFLECT:

**We are going to practice reflecting and processing by writing about a situation that you have had in the past.**

Think about a time when you experienced an uncomfortable emotion, like stress, anxiety, sadness, loneliness, fear, or anger.

1. What happened? What happened that led up to this thing happening?

2. How did you feel?

3. How did you respond?

What was helpful? What might you have done differently?

4. What do you imagine the other person was thinking or feeling?

5. What did you need in that moment?

6. What did you learn from this experience?

## CHALLENGE:

Share how you like to reflect, and talk through your reflection with someone you trust. Ask them about their favorite way to reflect.