

## Ten Questions to Foster a Journey Towards Self-Reflection

- 1) What does it feel like to be in this situation?
- 2) With whom do you identify in this family?
- 3) Does this case press any “hot buttons” for you? Is there an emotional trigger in this for me?
  - Thinking about differences as well as similarities often reveals some hot spots.
- 4) What are your perspectives, assumptions and frames and how might they be making an impact on your choices around treatment goals and strategies?
- 5) Do you think you should play a particular role in this situation?
  - In other words, what expectations do you have for yourself (as a social worker) with this case?
  - What other roles could you assume?
  - How would it change your work with the family to shift your role and way of being?
  - How might the experience shift for the family?
- 6) How do you explain the child’s / family’s/ other professional’s behavior?
  - What are the alternative explanations for the behaviors in question?
- 7) How might the process occurring between you and the agency or supervisor be reflected in the process between you and the parent, and in the process between the parent and child?
  - Could this question be asked in the other direction, too?
- 8) Given who you are, what do I bring to this family?
  - How might you be influencing or having an impact upon this family in ways not at first apparent?
  - What hidden assumptions might you be working under in this case?
- 9) What might you be taking for granted in this case?
- 10) How might you be getting your own way with this case?

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