After you have completed a group session, use these questions to help you to reflect on your experience.

1. How did you feel after the group?

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________________________________________________________________________

2. What part of the group process was effortless for you?

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3. What part required more effort than you thought?

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4. Where do you believe you could improve?

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5. Ask for feedback from your co-facilitator, supervisor or fellow student about group and your behavior and communication. Ask for constructive feedback on how they felt you did during the session. Write down that feedback.

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