

Guidelines for Writing a Reflection

In choosing an experience to reflect upon it is helpful to focus on one specific incident even though it may be part of an on-going situation.

1. Become centered. Invite the Holy to be a part of the reflection process that it may be a learning experience for you.
2. Select an experience that raises an issue or question or touches you deeply.
3. Describe the situation in as much detail as can be recalled to enable you (and others) to imaginatively re-visit the experience.
4. Re-enter the experience and notice what you were thinking and feeling in the moment. Identify the claim that the experience has on you and add it to your written reflection.
5. Pause again and invite the Holy Spirit to **'bring to mind'** that which you didn't notice during the original experience. Ponder what comes to mind and **'make connections'** with your current experience (what has taken place in your life since the experience occurred).
6. Finally, record any change in your perceptions and any new response(s) that the change may have elicited in you.

The progression in the writing of a reflection would be something like this:

- Center
 - Select and Recall
 - Describe in Writing
 - Revisit and Notice
 - Ponder and Make Connections
 - Record New Perceptions, Feelings and Responses
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Model developed by Rev. Dr. Richard Dickey