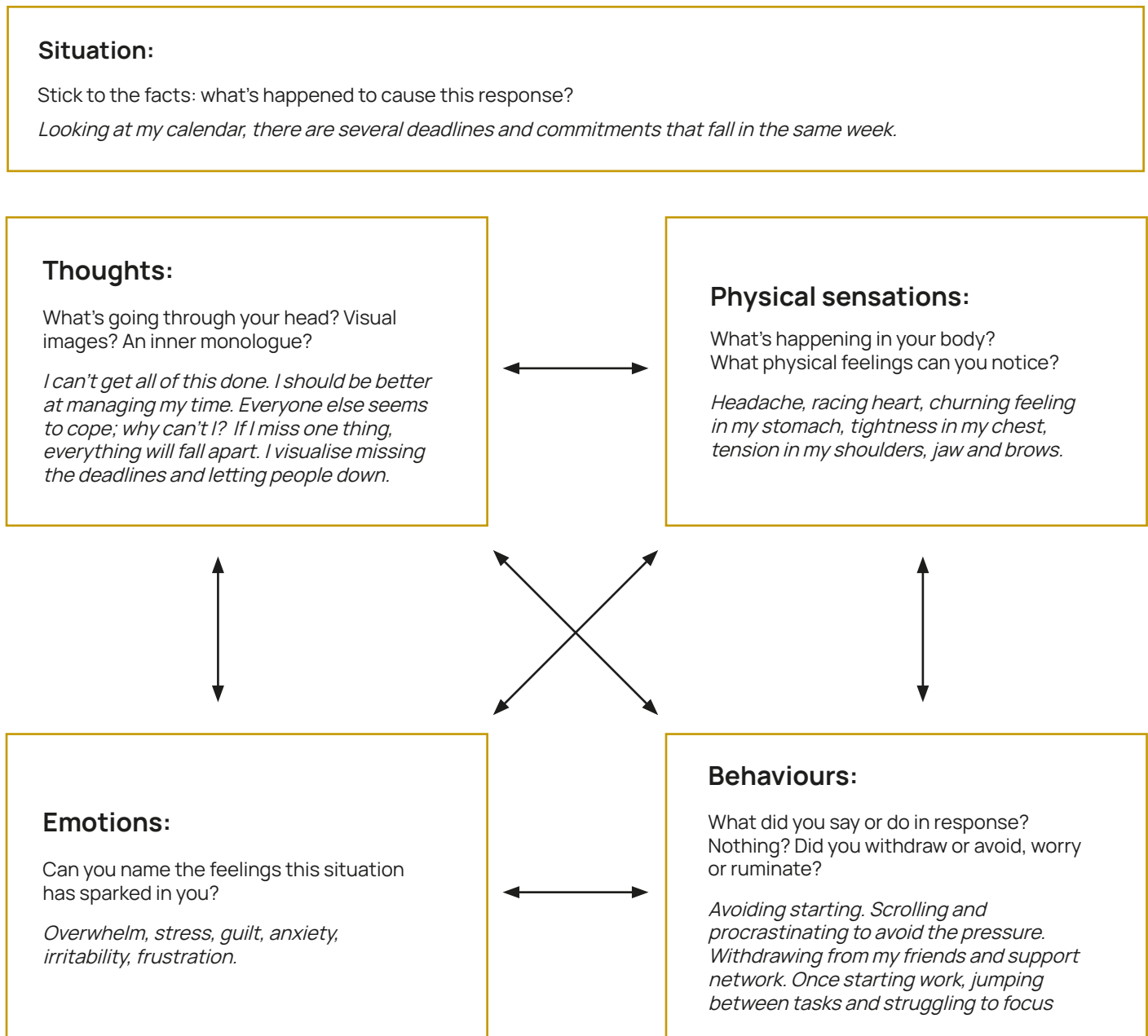


Reflection tool

Sometimes our reactions can feel overwhelming or confusing. We all slip into automatic thoughts and quick, unfiltered responses that pop up before we even notice.

This simple reflection tool helps you understand how your thoughts, feelings, physical sensations and behaviours all influence one another. By mapping them out, you can start to notice patterns and make sense of why certain situations feel difficult. Over time it becomes easier to recognise in the moment, challenge automatic thoughts and choose responses that work better for you.

Here's an example to show you how it works.



Find out more and download a blank copy to practise intranet.birmingham.ac.uk/reflectiontool



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Let's unpack the moment

This space helps you step back, look at the situation from different angles, and understand how your thoughts, feelings and actions shaped your experience.

Use the sections below to jot down what was happening for you. There's no right or wrong way to do this – just be honest and curious. The aim isn't to judge yourself, but to notice what showed up so you can respond differently next time if you want to.

Situation:

Stick to the facts: what's happened to cause this response? _____

Thoughts:

What's going through your head? Visual images? An inner monologue?

Physical sensations:

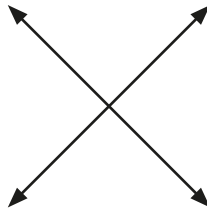
What's happening in your body?
What physical feelings can you notice?

Emotions:

Can you name the feelings this situation has sparked in you?

Behaviours:

What did you say or do in response?
Nothing? Did you withdraw or avoid, worry or ruminate?



Time to Talk?

If this brings up anything you'd like to talk about, someone at UoB is here to listen.



Call UBHeard 24/7
freephone line for advice
and emotional support:
0800 917 9379



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