

Self-Reflection

The ARROW Model



Aims - What do you want?



Reality - What's happening now?



Reflection - How big is the gap?



Options - What could you do?



Way Forward - What will you do?

Suggested Questioning

AIMS

- What do you want to happen?
- What do you want to do?
- What do you want to achieve?
- How will you know when you have achieved it?

REALITY

- What is happening now?
- What? / Who? / How often?
- What is the problem?

REFLECTION

- What effect is this having?
- How does that make you feel?
- What is the result of this happening?

OPTIONS

- What could you do about it?
- What else could you do if that doesn't work?
- What if certain circumstances changed?
- What are the advantages or disadvantages of certain options?
- What would be the best option?

WAY FORWARD

- So what can you do now?
- When are you going to do it?
- What else can you do now?
- If these don't work what can you do about it?