Enhancing Reflexivity in Practice

**Cognitions**
- What are your thoughts/cognitions?
- How does your conceptualisation of the clinical issue impact your responses?

**Affective Response (Emotions)**
What is your emotional response to the material presented?

**Behaviour**
- What do you want to do?
- What do you need to do?

Q: Where is the focus for the supervisee (Cognitions, Emotions, Behaviour)? How do the responses both help or hinder the process for positive change?