4. Self-Reflection and Self-Criticism

The Importance of Self-Reflection and Self-Criticism

In our view, reflection and self-criticism are extremely important parts of self-care.

It is important to reflect on what you do with clients as well as on virtually every aspect of your personal life.

These self-reflections need to become regular practices of every caregiver, in our view. Even a few minutes a day helps to bring you to a better place.

We recommend looking at clients after each session with a general review daily or weekly. We also recommend a review of your personal life at least weekly.

There are many ways to do this. One is through writing. Writing helps you to get your feelings out and to organize them. Walking quietly is another way. Still another way is meditation. Each person will find an individual way of doing it.

The point is that it happens.

Activity

Do you have a regular scheme for reflection and self-criticism? What methodology do you use?

If you don’t have such a mechanism, we recommend that you establish one.