



Kinnections
strengthening community in care homes

Questions for Reflecting about Myself

This Resource has been created as part of the Kinnections
– strengthening community in care homes project.

www.myhomelife.uws.ac.uk/scotland/kinnections

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What aspects of myself are tricky for me to see clearly?

What might help me to stay listening when I want to go talking?

When I'm working with others what I really value is...

What do I find helpful when the person I'm working with is radically different to me?

I'd love if people described me as...

When I'm feeling under pressure, I appreciate it when others...

What can I do, that feels natural, to show those around me that I value them?

How do I feel about exploring alternatives when I'm certain I'm right?

What example could I give of when I tried doing things differently?

When I judge myself as being better or worse than someone else what new question could I ask myself?

What helps me to stay curious when I think I already know the answer?

The emotion I would like to feel more of the time is...

What could I do to help people feel safe to tell me how they feel?

How can I express myself, and my wishes, in a way that is considerate of others?

What helps me to feel able to be myself?

What helps me to feel able to ask for help or say I'm not sure?