

Reflective response

We all make mistakes. At least you've learnt from the situation. When you go home later you can write it up in your e-portfolio.

Ideas

Feel more in control of the situation, less stressed.

Reflective response

Be non-judgemental. For all you know, this person could be projecting their own fears and panic as hostility to you.

Ideas

Feel accepting and more understanding of people.

Reflective response

Take a few moments to compose yourself. Think about how you felt before, during and after the incident. What have you learnt?

Ideas

Feel more in control, that the pressure has been relieved.

Non-reflective response

Decide that today's a bad day and stop putting 100% into everything. You'll be back to normal tomorrow.

Ideas

Feel like today's a waste and so you'll feel pointless.

Non-reflective response

Try and continue as if nothing ever happened. Despite this, you can still feel a niggling at the back of your head for the rest of the day.

Ideas

Feel anxious and finding it difficult to concentrate.

Reflective response

Appreciate that this was out of your control; of course you didn't mean for it to happen. Take a step a back and progress onwards.

Ideas

Feel calmer and less guilty for what happened.

Reflective response

Make a note to go over this encounter in a reflective log in your e-portfolio. Appreciate that being a medical student is not easy!

Ideas

Feel more relaxed, that actually it's not all your fault.

Reflective response

Take your mind away to a warm comforting memory / place. Focus on it for a few moments and then bring yourself back.

Ideas

Calms you down and you return more focused than ever.

Non-reflective response

Worry like crazy! We've been given adrenaline for a reason, right?

Ideas

Go into fight-or-flight response. Worry-overload!

Non-reflective response

Become more and more wound up by the situation. Talk to others with an edge of hostility to let them know how irritated you are.

Ideas

Feel angry, out of control of the situation.

Reflective response

Go to a quiet space to take a breather. Manage your stress by breathing deeply with your eyes closed and counting to ten.

Ideas

Feel calmer and now more focused on the task at hand.

Reflective response

I have no control over this situation so why worry about it? Better to focus on the things that I can do rather than be bitter.

Ideas

Feel determined and also accepting of the situation.

Non-reflective response

Why are they being like that? You've not done anything wrong. Fight back with attitude and show them that you're in the right.

Ideas

Just feel more angry and agitated. Restless also, perhaps.

Non-reflective response

Something finally went well and that makes you awesome. Go through the day thinking you're better than everyone.

Ideas

May feel proud but could come across as arrogant.

Non-reflective response

Spend the bulk of your next conversation complaining about these little problems you've had throughout the day so far.

Ideas

Feel bitter and injustice at what has happened.

Reflective response

Mentally take a step a back. Look at what feelings are going through you and accept that this is perfectly normal.

Ideas

Feel less anxious and less guilty for your emotions.

Reflective response

Awesome! Something went well! Think about what you did to make it go so well and consider how you can apply this to future encounters.

Ideas

Feel good about yourself but also think you're progressing.

Non-reflective response

Ignore what just happened and continue to power through anyway.

Ideas

May become ignorant of other people's feelings / situations.

Non-reflective response

You feel embarrassed and so spend the rest of the day avoiding asking people questions and volunteering for clinical exercises.

Ideas

Feel inferior compared to everyone else.

Non-reflective response

Admit that you're just really bad at doing tasks like that. It's just who you are. Focus on other things instead, your other strengths.

Ideas

Feel better in short-term but in trouble if it happens again.

Reflective response

This is just a trivial incident. By tomorrow you'll have forgotten about it so why waste your time fretting over it now?

Ideas

Calmer, happier, more focused, more in control.

Reflective response

Think about how your actions may have affected others around you. Consider their feelings and balance them with your own.

Ideas

Increases your empathy, avoids further conflict.

Non-reflective response

Keep in your own world and ignore everyone else. Everyone's entitled to an opinion, but you just don't care for others'.

Ideas

Not very empathetic, feel like it's you versus the world.

Non-reflective response

Panic. The day's getting worse and worse. You kick yourself up about it again and again, making it difficult to focus on other things.

Ideas

Feel distracted and 'elsewhere'. Like the world is against you.

Instructions

Print

Cut out

Shuffle

Create 2 decks

Reflective response

Remember that the other person is a human being too. Other events in the day could be influencing their mood.

Ideas

Increases your empathy, avoids conflict.

Non-reflective response

Think about what happened and play the blame game. You might have been at fault but then so could the other person.

Ideas

May feel dissatisfied with the outcome.

Reflective response

Appreciate that this was your fault. Apologise to those involved and think about what you'd do better next time.

Ideas

Prevent conflict. Hopefully won't happen again.

Non-reflective response

Decide that today's a bad day and stop putting 100% into everything. You'll be back to normal tomorrow.

Ideas

Feel like today's a waste and so you'll feel pointless.

Reflective response

You've done something well! Now look back over the situation and think about why it went so well. What feelings did you experience?

Ideas

More likely to learn and improve for the next scenario.

Reflective response

Make a note to go over this encounter at the end of the day. It will remind you why you're studying medicine and its struggles / strengths.

Ideas

Gives you a chance to put things into perspective.

Non-reflective response

Take it to heart. Maybe you're not cut out to be a medical student. Spend the rest of the day thinking you're out of your depth.

Ideas

Feel pessimistic, that you don't belong here.

Reflective response

It has been a stressful day. Do some meditation to clear your head and help you get focused for the next task at hand.

Ideas

Will hopefully remove unconscious bias for future encounters.

Non-reflective response

Remember that medical students are not everyone in society. Just because you don't get it doesn't make you stupid.

Ideas

Feel reassured at not getting it first time around.

Reflective response

Write about the experience in a diary / e-portfolio. Think about your feelings throughout and at the end.

Ideas

Analyse what went well / badly in the encounter.

Reflective response

Rather than be overly dramatic remain level headed. Sometimes things go well, other times not. Like a wave. Try and stay steady.

Ideas

You feel more mindful of your actions and the overall picture.

Non-reflective response

Move onto the next task and just forget about what happened. It will sort itself out if you just let the dust settle.

Ideas

Will be ignorant to what just happened. Could reoccur.

Reflective response

Be non-judgemental. For all you know, this person could be projecting their own fears and panic as hostility to you.

Ideas

Feel accepting and more understanding of people.

Non-reflective response

Something finally went well and that makes you awesome. Go through the day thinking you're better than everyone.

Ideas

May feel proud but could come across as arrogant.

Non-reflective response

Smile about what just happened. It's an awesome day. Because you've done so well you don't need to think about it anymore.

Ideas

Will not learn why it went well / may not repeat.

Reflective response

Don't take it to heart. Maybe when it's quieter approach the person again and have a discussion about what just happened.

Ideas

Will help to resolve any rift between you.

Non-reflective response

Get really angry with them and show them a piece of your mind. They've annoyed you and they should know this!

Ideas

Will just start conflict. Anger always clouds judgement.

Reflective response

Make a note to go over this encounter in a reflective log in your e-portfolio. Appreciate that being a medical student is not easy!

Ideas

Feel more relaxed, that actually it's not all your fault.

Non-reflective response

You feel embarrassed and so spend the rest of the day avoiding asking people questions and volunteering for clinical exercises.

Ideas

Feel inferior compared to everyone else.

Non-reflective response

You've done really well. Now to do really well in the next thing. If this next task doesn't go to plan, it cancels out the earlier positive.

Ideas

Will not learn why something went well / badly.

Reflective response

Look at what just happened and think about what you'd do differently next time. When next time comes around, do it!

Ideas

Will feel more prepared for the future.

Non-reflective response

Sure this went badly, but it was a one off, right? Hope that it doesn't happen again and just ignore the situation.

Ideas

You won't learn anything. A stagnant doctor is a bad one.

Reflective response

I have no control over this situation so why worry about it? Better to focus on the things that I can do rather than be bitter.

Ideas

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Non-reflective response

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Instructions

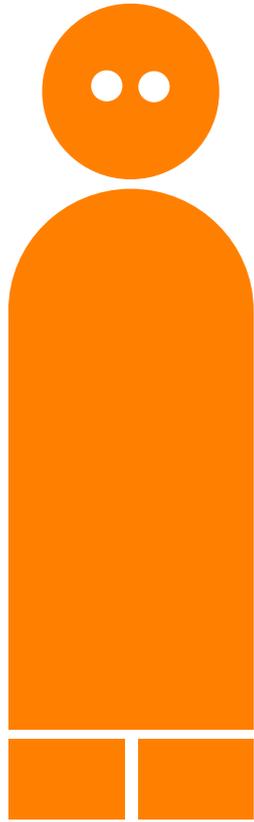
Print

Cut out

Shuffle

Create 2 decks

(Past 2 pages are per pair)



Character sheet

Instructions

Print x2 per pair

Cut out