

Strengthening Families Through Cultural Diversity

Janeal M. White, PhD, CFLE



Reflect on today's interactions with your clients.

The following questions can be used as prompts to guide your reflection.

- What assumptions were present during today's interactions?
- What were some examples of your clients' values, beliefs, and perceptions that influenced today's interactions?
- What were some examples of your values, beliefs, and perceptions that influenced today's interactions?
- What happened today that was unexpected?
- Were either you or others uncomfortable during today's interactions? How were you uncomfortable or uneasy?
- How did you change the way you posed questions to your client compared to previous interactions?
- Why did you make changes in how you posed questions, and how did this reflect your assumptions about the other person?
- Did any discussion questions reflect implicit assumptions about your client that were at odds with their lived experiences?
- What ethical dilemmas appeared during today's interactions?
- How did your life experiences influence your response to any ethical dilemmas?
- What are some ways that your positionality did, or could, have an effect on today's interactions?
- How did your self-presentation today effect today's interactions?
- How were today's interactions different because you were involved?

Adapted from the work of:

Dowling, M. (2006). Approaches to reflexivity in qualitative research. *Nurse researcher*, 13(3).

Meyer, K., & Willis, R. (2019). Looking back to move forward: The value of reflexive journaling for novice researchers. *Journal of gerontological social work*, 62(5), 578-585.

Palaganas, E. C., Sanchez, M. C., Molintas, V. P., & Caricativo, R. D. (2017). Reflexivity in qualitative research: A journey of learning. *Qualitative Report*, 22(2).