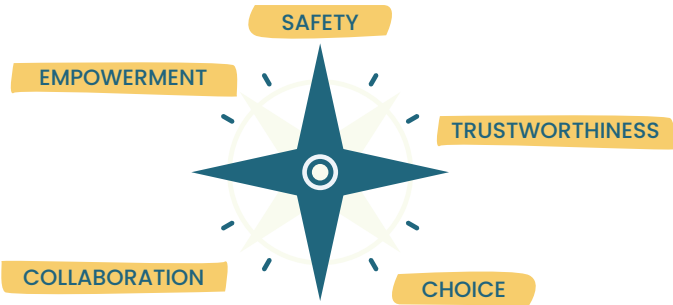


Trauma-Informed Care

Self-reflection compass

Use this worksheet to guide personal reflection or supervision discussions. You can reflect on a specific interaction, decision, or situation, and also on your general daily practice.



	Reflecting on a specific situation	Reflecting on your general practice	One small learning and/or goal
SAFETY	Did I create physical, psychological and cultural safety? What else could have improved safety?	How do I routinely promote safety in my daily work?	
TRUSTWORTHINESS	Was I clear, open, and predictable? What built or harmed trust?	How do I maintain transparency and build trust consistently?	
CHOICE	Where did I offer meaningful choice or flexibility?	How do I support autonomy and choice across my work?	
COLLABORATION	Did I work “with” the person rather than “do to” the person?	How do I create mutual respect and shared decision making opportunities?	
EMPOWERMENT	How did I support the person to recognise their own strengths, or make their own decisions?	Do I consistently create opportunities for people to build confidence, learn and lead their own lives?	
SELF-REFLECTION	How did I manage my emotional responses? What support do I need?	How do I regularly care for my own wellbeing, resilience and reflective practice needs?	