

Gentle Reflection Prompts

These prompts are for private professional reflection after the workshop. They are intentionally broad and should not be used as a client assessment tool.

Coping

Where might anxiety involve a fear of not being able to cope?

Adequacy

Where might anxiety involve fears of failure, judgement, or not being enough?

Belonging

Where might anxiety involve fears of rejection, exclusion, or not belonging?

Next step: A future skills-based CPD workshop can explore The Three Lies™ Framework and TLAQ™ in greater depth, including collaborative formulation, cautious language, case application, and current limitations.