Figure 1.

Identify and learning which has occurred

Describe the situation including thoughts and feelings

* Salient events
* Key features

Analyse feelings and knowledge relevant to the situation

* Identify knowledge
* Challenge assumptions
* Imagine and explore alternatives

Evaluate the relevance of knowledge

* Does it help to explain / solve the problem?
* How complete was your use of knowledge?

Action / new experience

Awareness of uncomfortable feelings and thoughts