

**A model of structured reflection  
(10th version) (Johns, 1995)**

**JOHNS' PROMPTS**



- What knowledge did or should inform me?

- Why did I respond as I did?
- How did I feel in this situation?
- How was this person feeling?

- What was I trying to achieve?
- What internal factors were influencing me?
- What were the consequences?
- What would be the consequences of alternative actions?

- What knowledge did or should inform me?
- How could I handle this better in a similar situation?

- How did my actions match my beliefs?
- How do I feel about the situation?
- Has this changed my ways of knowing?

- What would be the consequence of alternative actions?

You still need to help the family to make changes but have different strategies try... and the cycle starts again...

You are a qualified Health Visitor. You have knowledge, skills and a lot of experience under your belt

You're going to visit a family with a child who is obese. On past experience you plan to propose a diet, a food diary and a schedule of visits

You visit, talk to mum and agree your plan

One week later ...  
Second visit.  
Nothing's happened.  
No change.

You saw a TV programme about how hard it is to change diet...

You look back at what you did and wonder what you could have done differently and why the mother didn't take your advice

You go and read some more recent literature and look at some family therapy theory a colleague suggested. You want more than just her word for it

You go back to studies that used systems theory and decide on a case conference with social services

You set up a family meeting with all members. Sister confesses she regularly sneaks obese brother crunchies and chips

Humbly, on reflection you realise your earlier intervention had limited value

**Reflect**  
*'to turn one's thoughts (back), to fix the mind or attention on or upon a subject; to ponder, mediate on ...'* (meaning 4)  
*'To cast a certain light on ...'* (meaning 6b)  
(Oxford shorter dictionary)

