# Reflection Journal Template

* Date and Context
  + Date of the conversation
  + People involved
  + Brief context of the conversation
* Initial Thoughts and Emotions
  + What were you feeling before the conversation?
  + What was at stake for you?
* Strategies Used
  + Did you employ 'I-messages'?
  + Did you actively listen?
  + Did you attempt to understand the other person’s point of view?
* Outcomes and Reactions
  + Was the issue resolved?
  + What were the immediate emotional reactions from all parties?
* Lessons Learned
  + What went well?
  + What would you do differently next time?
* Spiritual Reflection
  + Any biblical principles or teachings that guided you or could be applied?
  + A space for prayer or reflection on spiritual aspects.