# 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.