



Trainer Reflections Activity

Activity #5

- “I really hate pricking my finger!”

- “I’m not going to stop eating steak no matter what!”

- “Well, I do drink most days, but not that much really”

- “I’m usually the rock of the family, and even at work, but now this!”

- “I wouldn’t say that I miss many days, (of medication) but it’s not always so easy.”

- “I really want to lose weight, but I hate exercising!”

Have attendees write reflections for the statements above. Encourage them to use complex reflections. Invite attendees to share their answers after 5 minutes.