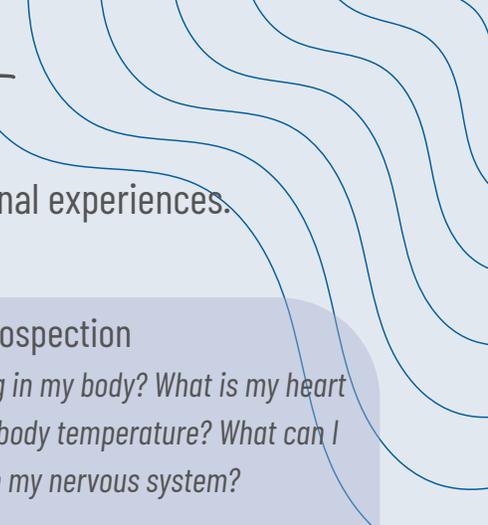


# Reflective Prompts



Use these prompts to reflect on your personal and professional experiences.

Embrace curiosity and avoid judgement.

## Vulnerability

*This feels risky. What strength do I have to help? Have I faced something similar before? What helped then?*

## Introspection

*What am I experiencing in my body? What is my heart rate, respiratory rate, body temperature? What can I do to regulate my nervous system?*

## Humility

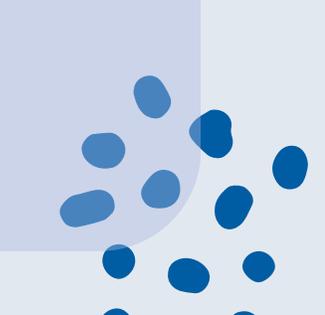
*Am I the only one here with answers? Do I need to listen to others for their perspective?*

## Curiosity

*I wonder what this experience is? Did I do something to affect their experience?*

## Grace

*I am only human. Did I do the best I could with the information I had at the time?  
What can I learn from this experience?*





# Reflective Prompts

Use these prompts to reflect on your personal and professional experiences.

Embrace curiosity and avoid judgement.

## Advocacy

*I need to stand up for this person/myself. How can I communicate the needs that are present? What influence or privilege can I leverage?*

## Empathy

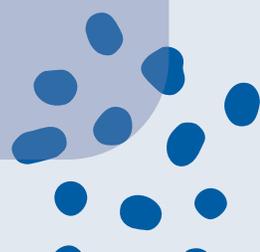
*Have I experienced something similar to this before?  
Can I connect with the emotional experience?*

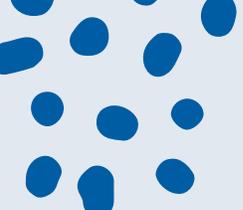
## Community

*Who do I call on for support? How can I provide safe support to those around me?*

## Capacity

*Does it feel possible for me to extend myself right now?  
Can I safely participate/support?*



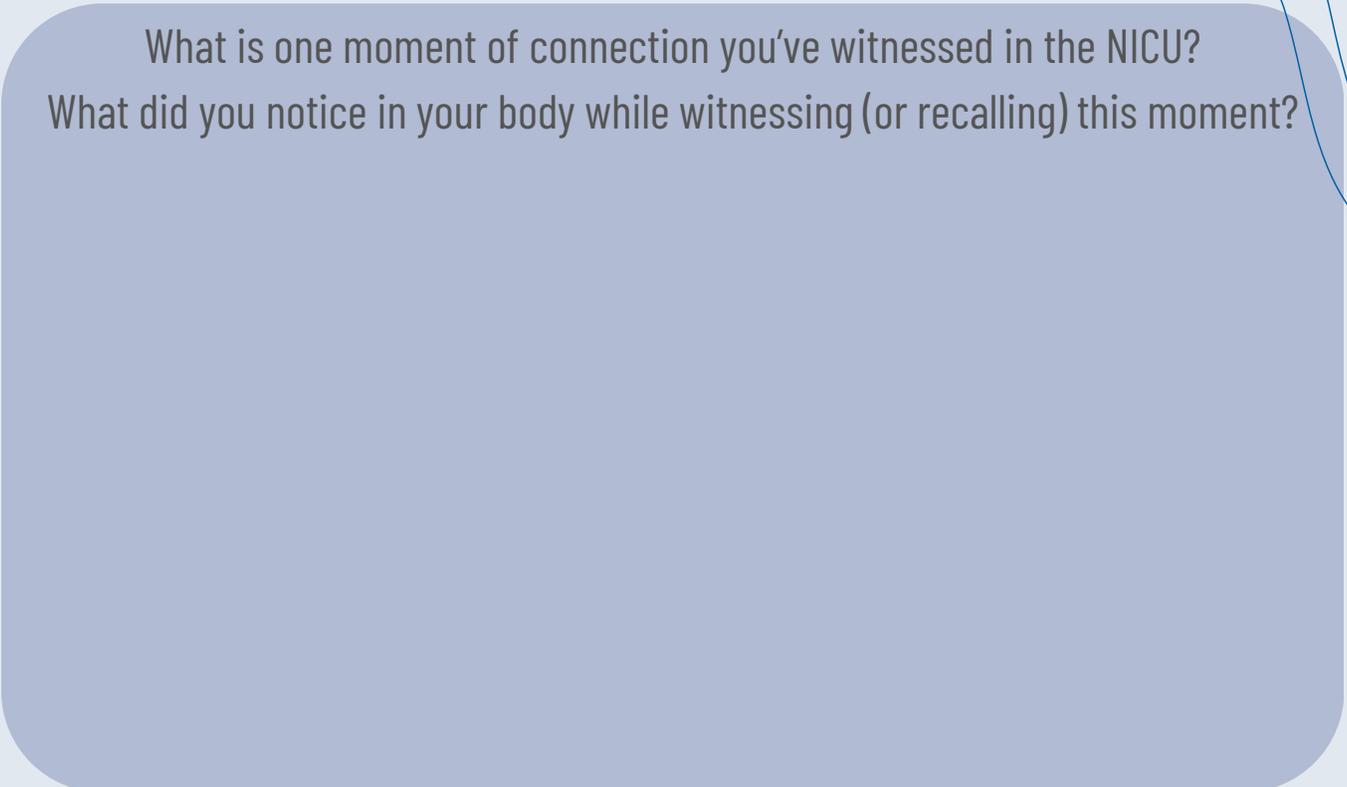


# Reflective Prompts

Use these prompts to reflect on your personal and professional experiences.

Embrace curiosity and avoid judgement.

What is one moment of connection you've witnessed in the NICU?  
What did you notice in your body while witnessing (or recalling) this moment?



What gets in the way of showing up with intention?  
What could be done about those barriers?

