# EXERCISE 5.2

## Reflection for praxis

(This exercise is the work of Bob Dick. We are grateful to Bob for permission to reproduce it.)

### Reflection before the action

The 'a' questions lead to practice. The b' question lead to theory.

1a. What do I think are the salient features of the situation I face?
1b. Why do I think that these are the salient features? What evidence do I have for this insight?
2a. If I am correct, what outcomes do I believe are desirable?
2b. Why do I think that these outcomes are desirable in this situation?
3a. If I am correct about the situation and the desirability of the outcomes, what actions do I think will give me the outcomes?
3b. Why do I think that these actions will deliver these outcomes in this situation?

### Reflection after the action

0a. Did I get the outcomes that I wanted? Or more realistically, what were the outcomes that I got, and how well do these accord with those I sought?
0b. To the extent that I got them, do I still want them? Why, or why not?
0c. To the extent that I didn't get them, why not?
These questions return in more detail to the earlier planning questions.
1a. In what ways, if any, was I mistaken about the situation?
1b. If so, which of my assumptions about the situation misled me?

1c. What have I learned? What different conclusions will I reach about similar situations in the future?

2a. In what ways, if any, was I mistaken about the outcomes or their desirability?

2b. If so, which of my reasons for favouring these outcomes misled me?

2c. What have I learned? What outcomes will I try to pursue when next I am in such a situation?

(Notice that 3a takes a different tack.)

3a. Did I succeed in carrying out the planned actions? If not, what prevented or discouraged me? What have I learned about myself, my skills, my attitudes, and so on?

3b. If I did carry out my actions, in what ways (if any) was I mistaken about the effect that they would have? Which of my assumptions about the actions misled me?

3c. What have I learned? What actions will I try next time I am pursuing similar outcomes in a similar situation?