Gibbs Reflective Cycle

Gibbs' Reflective Cycle was developed by Graham Gibbs in 1988 to provide structure as part of reflecting on learning and processing lived experiences. The Cycle provides a structured framework for practitioners to critically analyse their experiences, including their thoughts and feelings with a view to fostering continuous learning and professional growth.

The cycle consists of six stages that can be utilised in supervision:

Description: *Describe* the experience or situation encountered while working with men in family violence. Reflection Questions: Can you describe the situation or experience you want to reflect on? What happened? Who was involved? What did you do? What did others do? When and where did it take place?

Feelings: *Explore* the feelings and emotions evoked by the experience, both personal and professional. Reflective questions: What were you thinking and feeling at the time? How did you feel before the experience? How did you feel during the experience? How do you feel about it now?
Evaluation: *Assess* the positive and negative aspects of the experience, considering its impact on oneself and others. Reflective Questions: What was positive about the experience? What was negative? What went well? What didn't go so well? How did others react, and how did their reactions affect you?

Analysis: *Examine* the underlying factors contributing to the situation, including individual behaviors, systemic issues, and power dynamics. Reflective Questions: Why did things happen the way they did? What sense can you make of the situation? Were your actions influenced by previous experiences or knowledge? What theories or models can help you understand the situation better? Why did this happen in this particular way?



Conclusion: *Reflect* on insights and lessons learned from the experience, identifying areas for improvement or further development. Using a continuous improvement mindset. Reflective Questions: What have you learned from this experience? What could you have done differently? How might you handle similar situations in the future? What skills do you need to develop to improve your performance?

Action Plan: *Identify* concrete steps to address challenges, enhance practice, and promote positive outcomes in future interactions. Reflective Questions: What steps will you take to improve in the future? How will you apply what you've learned to your practice? What support or resources do you need to implement your action plan? How will you measure your progress?

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