
Autobiographical Exercise: Self-regulation

Directions: Choose an example from your own life where you think you used critical thinking. This could involve a time when you questioned assumptions about the way you typically thought or acted in some area of your life. Or it could be a time when you acted or thought in new ways. This episode may have caused you to think about the flow or misuse of power in your life. It may have alerted you to beliefs, attitudes or actions that you held that were interfering with you achieving your goals. Spend about 15 minutes making written notes about what happened. Be sure to include the questions below in your description.

1. *Triggers:* What were the circumstances or situations that triggered your critical thinking?
2. *Resources:* As you worked through the situation, what were the resources (human and material) that were the most useful?
3. *Process:*
 - a. What were the emotional highs and lows of the process?
 - b. What barriers and hindrances did you experience? ('shoulds', negative self-talk, cultural considerations, distractions, etc.)
 - c. How did you work through them?
4. *Consequences:*
 - a. What happened as a result of this episode?
 - b. Did you permanently change some aspect of the situation or yourself?
 - c. Did things stay the same, other than your heightened awareness?
 - d. Did you wish it had never happened?
 - e. Was the process worthwhile?
 - f. Did you gain any self-knowledge?

Source: Adapted from: Brookfield, Stephen. *Facilitating Adult Learning and Developing Critical Thinking*. Health Occupations Institute. March 2003.