**CSK-L2 Candidate Group Work Self-review**

|  |
| --- |
| **Before the group** |
| How did you feel when you came today? Did you bring issues or feelings with you from the group last week, or your private life? How was this affecting you? |

|  |
| --- |
| **During the group** |
| What happened in the group today? What did you think/feel about what was going on? What was your part in this process? Were you able to express yourself? |

|  |
| --- |
| **After the group** |
| What did you learn about yourself? What skills did you use? What (if any) would you liked to have done differently? |