

## **SF SILENT SUPERVISION**

1. Think of a challenge you had during your practice this week.
2. On a scale of 1 to 10 (most confident), how confident do you feel about your ability to respond well to this challenge?
3. What was challenging about this situation?
4. Who is impacted by this challenge?
5. What is this challenge like for you?
6. What or who are you working to protect?
7. How have you managed this challenge so far?
8. Now, remember a time when you had a similar challenge or maybe a different challenge that felt similar.
9. How have you navigated that challenge?
10. What resources helped you work through that challenge?
11. What strengths did you gain from that challenge?
12. How might those resources be helpful with your current challenge?
13. What else has been helpful as you've navigated the challenge this week?
14. Suppose this challenge was resolved. What would be different?
15. As we finish this exercise, what is the difference between your confidence level at the start of this exercise and now?
16. What difference did this exercise make?
17. How can our supervision group support you today?

