

Gibbs' Reflective Cycle

A STRUCTURED 6-STAGE MODEL · USE FOR ANYTHING SIGNIFICANT ENOUGH TO SIT WITH

NAME	DATE	RELATED WEEK / TOPIC
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When to reach for this one: Gibbs' cycle takes longer than a quick note, so save it for things that actually warrant unpacking — a difficult case, a mistake, a moment that stuck with you, or a skill session that didn't go the way you expected.

1. Description

What happened? Just the facts — no judgement yet.

2. Feelings

What were you thinking and feeling at the time, and afterwards?

3. Evaluation

What was good and bad about the experience?

4. Analysis

What sense can you make of the situation? Why did things happen the way they did?

5. Conclusion

What else could you have done? What have you learned?

6. Action Plan

If it arose again, what would you do differently? Be specific.

SIGNATURE

DATE COMPLETED

Practice Makes Perfect — FREC4 to FREUC5 Clinical Development Programme. Model: Gibbs, G. (1988) Learning by Doing. Anonymise any patient details.