**Through your Own Personal Experience**

**Image approaches you can take**

* Stimulated recall:
  + Returning to the experience
  + Recall and or detail significant events
  + Use recordings, notes or a diary to stimulate
* Detail how things felt at the time:
  + Think about your thoughts, feelings, and emotions
  + Were these positive or negative?
* Evaluate your experience
  + Assess the experience
  + Think about your previous knowledge and intended outcome
  + How did these interact?