**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?