



Lion Pride Leadership Consulting LLC

## C.O.P.E. Reflection Map

### Check for Sign – What are your beliefs about your experience?

Thoughts: \_\_\_\_\_  
\_\_\_\_\_  
Feelings: \_\_\_\_\_  
\_\_\_\_\_  
Behaviors: \_\_\_\_\_  
\_\_\_\_\_

### Outward Expression – Externalizing your experience helps you determine care needs

How will you speak about VT: \_\_\_\_\_  
\_\_\_\_\_  
What writing format will you use: \_\_\_\_\_  
\_\_\_\_\_  
Which art style will help you best express: \_\_\_\_\_  
\_\_\_\_\_  
What form of movement will help: \_\_\_\_\_  
\_\_\_\_\_

### Process of Care – Care for Vicarious Trauma through connection, education, action

Who are your best connections: 1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
What do you accept and recognize: \_\_\_\_\_  
\_\_\_\_\_  
What proactive steps can you do now: \_\_\_\_\_  
\_\_\_\_\_

### Enhance Enlightenment – Evaluate modifications best for you and your team

Personal: \_\_\_\_\_  
\_\_\_\_\_  
Professional: \_\_\_\_\_  
\_\_\_\_\_  
Organizational: \_\_\_\_\_  
\_\_\_\_\_

