What Does Your Heart Tell You?

Directions: Consider the following questions to include in the affective reflection:

1. What images, emotions, and/or conversations "grabbed" you? Do you think they will stay with you into the future?

2. How do you feel about the people with whom you interacted? What was frustrating? What was enjoyable? How would you feel if you were in their position for a day? For a week? What about being in that person's place for a year or even a lifetime?

3. Do you view yourself differently following your service experience? In other words, what did you learn about yourself, and how does this make you feel?

4. Do you view the individual(s) with whom you worked differently? How does this make you feel?