CLINICIAN SELF-REFLECTION CHECKLIST

Evaluating Your Practice

Use these five reflective questions at the conclusion of the session or in your weekly clinical practice to evaluate your transition from data-driven to distress-informed care.

1. **The First Five Minutes:** When starting an appointment, do I review the patient's face, eyes, and mood first, or do I immediately look at the computer screen or device download?
2. **The "Why" Interrogation Trap:** When I see out-of-range blood sugars, do I demand to know why it happened, or do I collaboratively say, "Let's look at the story behind these numbers together"?
3. **Digital Feeds Empathy:** Am I asking patients about the Online spaces they inhabit? Do I check whether following Online diabetes accounts helps them feel supported or isolates them further with a myth of perfection?
4. **Re-framing Avoidance:** When a patient frequently cancels appointments or avoids checking data, do I view it as resistance, or do I recognize it as potential diabetes distress or other life demands like parenting?
5. **Environment Check:** Does my clinical space feel like a safe harbor where patients can honestly admit to self-care omissions without fear of being scolded, or does it feel like a principal's office?



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