

CAST-L3 Candidate Group Work Self-review

Before the group

How did you feel when you came into the group today? Did you bring issues or feelings with you from the group last week, or your private life? How was this affecting you?

During the group

What happened in the group today? What did you think/feel about what was going on? What was your part in this process? Were you able to express yourself?

After the group

What did you learn about yourself? What skills did you use? What, if anything, would you have liked to have done differently?