**Failure as Fuel for Developing Resilience and Fostering Self-Exploration**

Lisa Gussak, MD: [Lisa.Gussak@umassmemorial.org](mailto:Lisa.Gussak@umassmemorial.org)

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***Self-Reflection Model for Reviewing Mistakes***

***(Adapted from the Johns Model for Self-Reflection****)*

1. What was the experience: Describe the context, key issues, and strengths and weaknesses of your behavior and the situation.
2. What were you trying to achieve: What were the consequences?
3. What could you have done better?
4. What lessons did you learn?
5. How can you move on from this?

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