

Holding Space Reflection Form

This form provides a space for artists to reflect on information shared by participants that may have been emotionally challenging, triggering, or difficult to carry. It can also be used simply to record an event or conversation, allowing artists to process their experience rather than continuing to hold the information themselves.

The focus of this form is on the artist's experience of receiving the information, not on recording details about the participant who shared it.

The purpose of the form is to support reflection on the event or conversation and to help identify any support the artist may need.

This is not a safeguarding disclosure form. Any safeguarding concerns or disclosures relating to participants should be reported through the appropriate channels and in line with organisational policies and procedures.

This form is also not a substitute for professional supervision. Where possible, artists are encouraged to access supervision and/or speak with a qualified counsellor or therapist for additional support.

* Indicates required question

About the Activity / Event / Conversation

1. What activity was taking place? *

For example a community class, rehearsal, meeting...

2. When did it take place? (Date and Time) *

3. Where were you working? *

4. Briefly describe the interaction or event (avoiding identifiable details about participants). *

Impact on You

5. How did this make you feel at the time? *

6. How do you feel about it now? *

7. Did it bring to mind or resonate with any of your own experiences? *

Moving Forwards

8. Do you need to take any further steps? *

For example talking to a line manager or peer, scheduling a counselling session?

9. What can you do right now to support yourself? *

10. What can you put in place for the future to support yourself if this situation arises again? *

11. Anything else? *

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