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Description and reflection

If I could start off with reflection because that's the overarching term for what it is that we are trying to do when we are learning something about ourselves and our practice and reflection is about the whole process of attempting to evidence where the truth is in terms of our interpretation of our practice. Whereas description is the very first part of reflection and that is about the story telling and so without the description and without the deep colourful narrative that we can share with people in terms of what happened to us then the rest of reflection can't actually occur, so description is an integral part of reflection but it's very different to what reflection is actually encouraging us to do.