



Critical self-reflection tool

April 2026

Critical self-reflection is a process in which people reflect on their own cultural identity, and on the social, cultural and historical influences on how they see the world. It is an important element of creating the conditions for cultural safety for Aboriginal and Torres Strait Islander people.

This brief tool is for you as a non-Indigenous person. It is an annual professional activity that needs a quiet moment and an honest appraisal, and it prompts you to step outside your own world and try to see yourself as an Aboriginal and/or Torres Strait Islander person might see you. That person might be a colleague, or a community member, or an Elder, or someone else you know.

Year 1

1. If an Aboriginal and/or Torres Strait Islander person was to assess whether you have the knowledge, skills and attitudes to work safely with Aboriginal and Torres Strait Islander people, what do you think they would say?
 - a. Knowledge, skills and attitudes lacking
 - b. Moderate knowledge, skills and attitudes
 - c. Good knowledge, skills and attitudes
 - d. Excellent knowledge, skills and attitudes

Subsequent years

2. Looking at your rating of last year, do you now think that rating was accurate?
 - a. Too high
 - b. Just about right
 - c. Too low
3. Now, today, if an Aboriginal and/or Torres Strait Islander person was to assess your capacity to work safely with Aboriginal and Torres Strait Islander people, what do you think they would say?
 - a. Knowledge, skills and attitudes lacking
 - b. Moderate knowledge, skills and attitudes
 - c. Good knowledge, skills and attitudes
 - d. Excellent knowledge, skills and attitudes



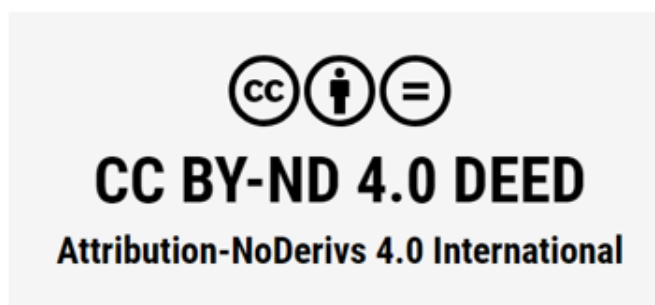
4. Describe any changes you see in your knowledge, skills and attitudes in the past year. Why do you think these changes have taken place?

5. Thinking of the year ahead, what can you commit to?

Suggested citation

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<https://yulang.com.au/evaluation-framework-tools/critical-self-reflection-tool/>

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