# Reflective practice criterion 7

Please provide evidence of your reflective practice for criterion 7.  Further information and a guidance video are available in the [Application guide](https://www.bacp.co.uk/membership/accredited-membership/apply-for-individual-accreditation/criterion-7/)

#### Considerations

* **Referencing:** please ensure you indicate where you meet each individual sub criterion within your work by using brackets, section headings or margin notes.

For example, indicate where you feel (7.1) is met.

* **Word limit:** the word limit for criterion 7 is 900 words.

You do not need to include any titles or referencing in the word count. Show the word count at the end of your work.

Members with a learning difference or disability have an additional 10% word limit so can use up to 990 words for this criterion.

If you’ve not already done so, please contact accreditation@bacp.co.uk to tell us if you identify as having a learning difference or disability. We may be able to offer further support.

* **For this criterion:** you need toshow a clear link between the activity or experience, the reasons behind choosing to write about it, and the use of the related self-awareness in your practice.
* **Please name your file** in the following format before you upload:
C7 Surname BACP membership number (for example C7 Jones 00099999)

Please see the [Application guide](https://www.bacp.co.uk/membership/accredited-membership/apply-for-individual-accreditation/criterion-7/) for more information.

**Your name**:

 **BACP membership number**:

#### Please give your response to criterion 7 below

7.1 Describe an experience or activity which has contributed to your own self-awareness.

7.2 Provide the reason or reasons for choosing the experience or activity

7.3 Show how you use the self-awareness in your practice.