

Reflective Essay Topics

- A conversation when you became very angry.
- A time when you were disappointed or discouraged by something someone said.
- When someone showed you that they were proud of you.
- A moment when you knew you were in love.
- When you first met a new family member.
- The birth of a child, or the adoption of a child or sibling.
- Watching an elderly loved one lose memory through dementia.
- When you told someone that you were sorry.
- A time you were embarrassed.
- When you lied and tried to hide your lie, or were confronted with it.
- A time you wanted something that belonged to someone else.
- A confrontation with a teacher, boss, or another person in authority.
- When your parents punished you unfairly.
- A time when you cried and someone comforted you, or you comforted someone else.
- Playing with friends when you were a child.
- A time you most felt like you were a sister or a brother.
- When you helped someone else or you were helped.
- A family reunion, or when you met relatives you did not know.
- A special trip you shared with someone else.
- A moment when you laughed with someone and couldn't stop.
- When you knew your parent (or grandparent, or coach) was not perfect.
- When you spoke in front of a group of people, or read something you wrote out loud.
- A time you spent with friends without parental supervision.
- When you shared a secret with someone, or when someone told you a secret.
- When someone made you scared.
- A place where you feel most yourself.
- A place which makes you feel nervous.
- A place that makes you feel proud.
- Your grandparents' house.