Hansei

Hansei (反省) is the Japanese practice of honest self-reflection. The 120Reign™ Guide builds it in as a guided, self-compassionate practice that ends with one clear next step.

BOTTOM LINE

> Reflecting honestly on mistakes, then committing to one specific change, is linked to better performance and motivation. Structured debriefs raised performance by about 25% in a meta-analysis of 46 samples, and self-compassion increased the drive to improve. The one caution: open-ended dwelling on mistakes can turn into rumination. Research suggests reflection works best when it is guided, kind and action-focused, the approach the journal takes.

WHAT THE RESEARCH SHOWS

Structured reflection is linked to better performance

Debriefs, or after-action reviews, are a structured form of reflection used in medicine, aviation and the military. A meta-analysis of 46 samples (2,136 participants) found debriefs improved performance by about 25% over control groups

(Tannenbaum & Cerasoli, 2013). Facilitation and structure appeared to strengthen the effect.

Self-compassion drives real change

In four experiments, people who responded to a mistake with self-compassion were more motivated to make amends, avoid repeating the mistake, and study longer after a failed test than control groups (Breines & Chen, 2012). Kindness toward oneself did not lower standards; it increased the drive to improve.

Learning from failure is a cultural strength

In cross-cultural experiments, North Americans who failed a task persisted less on a follow-up task, while Japanese participants who failed persisted more (Heine et al., 2001). The authors describe this as a self-improving orientation: failure shows where effort is needed.

Reflection needs structure to avoid rumination

Self-reflection was linked to lower depression, while self-rumination was linked to higher depression (Takano & Tanno, 2009). Because reflection can slide into rumination, its overall benefit dropped to nearly zero without structure. Guided prompts help keep reflection productive.

DISCLAIMER

This summary is for educational purposes only and is not medical or mental health advice. It describes published research on the principles behind the

journal; the journal itself has not been tested in a clinical study. Talk with a qualified healthcare provider about your individual health needs.

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