

Critical Reflection as Exploration – pre-Lab		Critical Reflection as Processing	Critical Reflection as Enactment
Observation (pre-phase – ‘infra-red’)	Across the entire field of my artistic practice, where are the areas or issues that feel as if they could be informed or enriched by critical reflection?	Deliberation	Modification
Contemplation	Which of these areas or issues, on closer inspection, look(s) most promising from the point of view of benefiting from critical reflection?	Clarification	Re-imagination
Interrogation	Can I formulate a research question which merits extended critical reflection and has some prospect of yielding insights that will inform my artistic practice? Which tools or resources might assist me in this?	Confirmation	Communication

Critical Reflection as Exploration	Critical Reflection as Processing – during Lab		Critical Reflection as Enactment
Observation	Deliberation	Using the tools and resources I have selected, what thoughts or insights is my critical reflection yielding? Do they seem useful and do they seem to point in the direction which I envisaged?	Modification
Inspection	Clarification	Where are the confusions or, perhaps, the misconceptions in my research question? Can I clarify the former or, if appropriate, modify the latter?	Re-imagination
Interrogation	Confirmation	Following the process of clarification, do the insights of my critical reflection appear to be potentially fruitful for my artistic practice? Can I reliably fix on them as the agents for development and enhancement which will occupy the remainder of my research?	Communication

Critical Reflection as Exploration	Critical Reflection as Processing	Critical Reflection as Enactment – post-Lab	
Observation	Deliberation	Modification	How can I embed in my artistic practice (literally ‘put into practice’) the insights that my critical reflection is yielding? Does this introduce discernible change in my practice?
Inspection	Clarification	Re-imagination	Can I go beyond modifications of a merely mechanical nature to entire re-conceptualisations of my practice? Are there lessons that I am learning in relation to this project that might re-shape my future artistic practice?
Interrogation	Confirmation	Communication (post-phase – ‘ultra-violet’)	How can I best share the new insights I have gained with fellow artist-researchers? Can my art itself be a viable medium for such communication and, if not entirely, how can other communicative media be used in a complementary manner?