

Reflection: activities for getting perspective

Dialogues (Techniques like this can help you to see yourself more objectively)

1) A dialogue with yourself

You can use this to help you explore an incident, a current situation or to look back over a process or period of time.

- One half of you writes as you feel right now about the situation, describing it and allowing your feelings, reactions, attitudes, thoughts and so on to come out
- The other half of you can 'interrupt' at any point with questions that prompt you to analyse what you're saying, such as: Why..? How..? What if..?
- You must then answer your question before you can continue

Another way of doing this is to do a free write account on one side of a double page and then come back and do the dialogue on the other page.

2) A dialogue from another perspective

This works best for exploring an incident or situation involving other people

- Use a piece of A3 paper in landscape or the left hand page of an A4 notebook
- On the left, write your own account of what happened, without censoring it and allowing your feelings and reactions to come out freely
- Then, on the right-hand side, write a dialogue about the incident/situation from the perspective of:
 - Two or more other people involved, *or*
 - One person involved and another relevant figure, such as a tutor
- Compare your account against that of the people in the dialogue. In a similar situation:
 - What would you do the same? Why?
 - What would you do differently? Why?

3) Friend and critic dialogue

This can be particularly helpful when you are trying to explore your own strengths and weaknesses in a particular context. (It could be useful, for example, in helping you to think about skills you would like to develop, or your potential contribution / role / impact in a situation.)

- Use a piece of A3 paper in landscape or the left hand page of an A4 notebook
- On the left, write a dialogue about yourself in the relevant context (e.g. your contribution to a group project) where the two people speaking are:
 - A sympathetic friend who wants to put you in a good light
 - A fair but critical acquaintance or observer
- Put the dialogue aside for a short time while you do something else.

Go back and read it through evaluatively; use it to build as objective a picture of yourself as you can on the right hand-side, giving actual examples to support what you say.