LOOKING FROM DIFFERENT POINTS OF VIEW

The purpose of this practice is to support you in developing your ability to see something from different perspectives and to speak to what you see. In our present political environment, it's important for us to find ways to connect and bridge the gap. This becomes possible when we can expand our perspectives and take other points of view.

The practice involves reading two articles in the newspaper/online that you would not normally read and then answering a series of questions. Try to choose different sections of the newspaper/site each day. When you read the articles, do not read with the intention of trying to get it. Read with open curiosity.

1. Read one article and then answer these questions:
    a. What do you find curious? What questions does this evoke?
    b. What do you think are the underlying assumptions or beliefs from which this article is written?
    c. In your own words, what is this article trying to say?
2. Read the second article and answer the same questions.

REFLECTIONS

After a few days, review your answers from above.

1. What 'worlds' are you more aware of after reading these various articles?
2. How are you relating to these new 'worlds'?
3. In what ways has this practice impacted how you are behaving in conversations, meetings, online, etc.?
4. What do you notice about your own rigidity in your beliefs and judgments?

Adapted from my resources from Integral Coaching Canada