



OTHER PEOPLES SHOES

Context

Think of a moderately difficult situation with a person whom you have been in conflict with, or to whom you would like to give feedback

Position 1: SELF

Stand in your own shoes and imagine you are looking at this person. Notice what you see, what you hear, what you feel; all the information in the field, both about yourself and the other person.

If you would like to give feedback, say what you would like to say to this person (either out loud or silently in your mind). Otherwise just run through the conflict situation in your mind, noticing what you are experiencing.

Now rewind the situation as if it was a video and step in to the next position

Position 2: THE OTHER PERSON

Take a step into the other persons shoes and replay the imaginary video, what do you feel, see, hear-notice all the sensations, your breathing, your posture, facial expression. Look back at yourself in position 1; what do you notice?

Now rewind the "video" again and step into the 3rd position, equidistant from positions 1 and 2

Position 3: NEUTRAL OBSERVER

After taking a step away, imagine you are looking at both yourself and the other person. Re run the video in your head. What are your views now? What do you see/hear? What advice would you give yourself in how to deal with this interaction?

Position 4: SELF

Step back into the self position. Try using that advice. If necessary, repeat steps 1-4