

# Reflections

## Module Two—*O is for Observation and A is for Awareness*

1. What is your experience of noticing observations apart from assumptions?
2. What is your experience of noting and naming your thoughts and emotions?
3. For your case, what is your observation? What do you assume and feel because of your background experience, standards, expectations and perceived impact?
4. What do you guess may be the observation, assumptions, emotions and background of the person you will have a conversation with in your case?
5. As you note your assumptions, do you notice any patterns? For example, do you tend to notice what is going wrong? We all have habitual patterns that served us at one point and may or may not be serving us now. How are your patterns serving you?
6. As you check-in to notice your emotions, what is your experience? Do you have a predominant emotion?
7. What in your background may have contributed to how you tend to see and experience things?
8. What do you believe your case partner is paying attention to in your situation? What may he or she be feeling and assuming? Can you guess the background experience of your partner that may be contributing to his or her perspective? You will not know fully until you inquire further.
9. What will support you in building the muscle of observing and noticing your assumptions and emotions?