

Slowing down a conversation

Peter Moore, Geneva Push 2021

- A. How to reflect on a fairly unexpected decision to seek a new job.**
- i. How close to you each feel to a decision [scale of 1-10] heart, head.
 - ii. How needy are you for a decision [scale of 1-10] heart, head.
 - iii. Before a decision to move, you need a decision to leave. How attached do you feel where you are now? [scale of 1-10] heart, head.
 - iv. Let's consider the role for which you have applied. Pros, Cons.
 - v. Other options other than that one? Pros and Cons
 - vi. Next steps?

- B. How to reflect deeply (personally and biblically/theologically) on a significant event.**

This tool from Sally Jones is a means for slowing down a conversation so that a person impacted by a happening in their life can process that constructively with another person.

Several sheets of paper and coloured pencils/textas are ideal for this activity if mapping it on the floor, but it can be done on one sheet and with one pen.



- a) Identify the experience/issue/incident for reflection. Narrate the experience out loud – it can be helpful to write it down briefly and factually.
 - b) Progress through each step, making notes on the relevant piece of paper. It is important to note that steps can be re-visited at any stage during the process as details emerge. Ensure time for a ‘wisdom pause’ after each step in the process.
 1. **Context:** *identify anything from the immediate/general context that may have influenced the event.*
 2. **Emotion:** *What were/are the primary emotions you felt/are feeling? Notice any somatic responses.*
 3. **Image:** *is there a helpful image or metaphor which helps capture the experience? e.g.: “it was like a bomb was dropped in the room...”, “it felt like dancing when I didn’t know the steps...”*
 4. **Theology:** *identify any theological perspective or resource that might be relevant to the experience. How might Scripture inform your reflection? What impact does your faith tradition have on your reflection?*
 5. **Presence:** *what is your sense of God’s presence, then and now? How were you present? (images can also be helpful here, e.g.: as a loving Father... as a voice in the wilderness, etc...)*
 6. **Insight and action:** *what do you see/notice from this process? Has any new insight/learning been revealed about the experience? About yourself? How do you feel now? What is the next best step?*
- If used as a large mapping exercise, it can be quite powerful to move in and out of the circle as each area is considered.
 - Remember the ‘wisdom pause’ between each of the six elements.
 - Using different colours for each different aspect can be helpful.
 - Allow enough time for this process for it to be effective.

From a resource adapted by Sally Jones from “The Theological Circle – an exercise in embodied theological reflection” developed by Bruce Hulme and Phil Daughtry

This second resource originally was developed by Sally as part of a course at the Sydney Missionary and Bible College for the Graduate Certificate in Christian Mentoring – for further information see <https://www.smbc.edu.au/study/christian-mentoring-course>