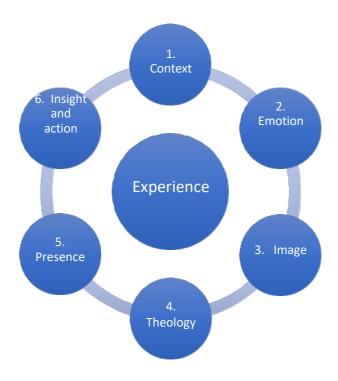
Slowing down a conversation

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