

## **Module 6: 3 Perspectives Exercise**

### **Self**

In your own seat, think about the Perspective of Self:

1. What happened from your perspective?
2. What was the effect or impact on you?
3. What is important to you, ie. your interests?
4. Are you open to a variety of ways to meet your interests?

### **Other**

Imagining you are the other person in your practice case, think about the Perspective of Other:

1. What do I imagine they might say about what happened?

2. What do I imagine the effect or impact was on them?

3. What do I imagine their interests could be? (still imagining you are the other person, ask yourself interest exploring questions and write the interests you identify here)

**Objective**

Imagining you are a neutral observer or a mediator, think about the Objective Perspective:

1. What might an objective person who observed the situation say happened?

2. Are there any organizational factors need to be thought about as you work together to solve the problem (policies, resources, organizational interests, etc.)?