

LESSON 5

REFLECTIVE DIALOGUE EXERCISE

Adapted from Parenting from the Inside Out

With your partner, sit down and discuss a shared experience.

Notice what different aspects each one of you remembers.

Reflect back elements of each of your experiences of the events.

Try to incorporate into the talk a focus on the elements of mind, not merely external aspects of the experience.

What matters most is not to establish the accuracy of the content, but to join together in the telling of the story.

The process is the point in the co-constructive experience.

Have fun!