

Healing the Divide: Week 4 - The Importance of Reflection

“There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female, for all of you are one in Christ Jesus.” — Galatians 3:28

“When we really see each other, we want to help each other. Mirroring is the beginning of compassion.”
— Richard Rohr

Education:

The importance of accurate reflection

- Contributes to clear and accurate communication
- Allows us to feel truly “heard”
- Creates a feeling of being understood, even within disagreements
- Increases “perspective taking”, or being able to see an issue from another angle

Reflection as a skill

- “I heard you say”, “It sounds like you feel”, “What I’m hearing is”
- REPEAT BACK EXACTLY WHAT YOU HEARD. No interpretation.
- “Did I get that right?” “Is that accurate?” “Can you correct me?”

Discussion Scenarios with Mirroring Practice

How do you feel if someone chooses not to vote in a national election?

1. How do you feel about prayer being incorporated into a non-religious meeting or activity?