

Dynamic Reflection



a model to coach yourself

to reflect on situations that you find difficult
to reveal other options for you to deal with
them

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4-Chair Model of Inner Dialogue



Expansive Thinking



Thinking



Feeling



Expansive Feeling

4-Chair Model of Inner dialogue

The Four positions you can take in your inner dialogue



Expansive Thinking:

- Ask yourself questions
- Limit
- Relativize
- Humor



Thinking :

Describe all thoughts and judgements



Feeling:

Describing feelings and under lying needs.



Expansive Feeling:

- Relax
- Acceptance
- Trust
- Stillness

Our Thinking is often Restrictive



I did lousy today....
they did lousy today...
I hate my mother in
law....
I'm incompetent...
My boss is incompetent...
They are against me...

And often our feelings and emotions are as well



Thinking :
Describe thoughts and judgements



Feeling:
Describing feelings and underlying needs.

feeling scared
feeling angry
feeling like crying
or fighting
all the time

Expansive
Thinking

Most of Us don't use our
Outer Chairs often

Expansive
Feeling



Wise Inner Father and Mother

Is this really
true?

Setting
boundaries



Expansive Thinking:

- Ask yourself questions
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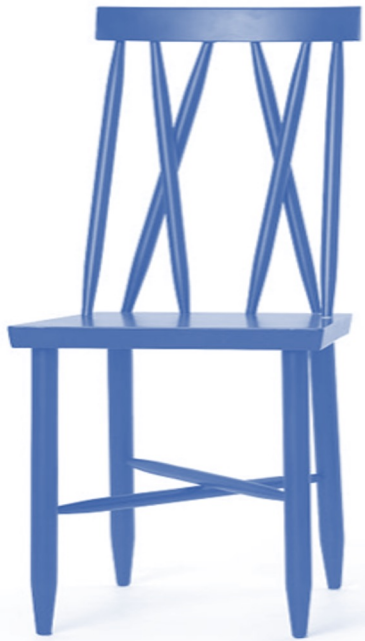
Expansive Feeling:

- Relax
- Acceptance
- Trust
- Stillness

- Checking in with your body, breathing more deeply
- Relaxing, smiling
- Connecting with your heart



Exercise



Expansive Thinking:

- Ask yourself questions
- Limit
- Relativize
- Humor



Thinking :

Describe all thoughts and judgements



Feeling:

Describing feelings and under lying needs



Expansive Feeling:

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- Acceptance
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Pyramid of Personal Leadership

