



**Student Activity: Take Two Perspectives  
and Call Me in the Morning**  
*Slow down and look around you*

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**Assignment**

If you can step back periodically to examine your own thinking, you will become more aware of how your reflexive thoughts and feelings affect your response to different situations, and you may become more able to consider other people's perspectives. This assignment will give you a chance to try out this skill by reviewing a difficult situation or conflict in your own life.

You will write a composition in which you examine your perception of a recent event in your life. Your final composition will have three parts:

**Part 1:** Choose a recent situation from your own life, one that caused a strong reflexive reaction. Describe your interpretation of the conflict, your assumptions, emotions, and thoughts about it. What factors led you to interpret the issue as you did? How did you react to the situation? What was the outcome?

**Part 2:** Retell the conflict from the first-person point of view ("I") of someone else involved in the situation. Describe this person's interpretations, assumptions, thoughts, and emotions as best you can. What factors led this person to act the way he/she did? How did this person react to the situation?

**Part 3:** Take a minute to re-read parts 1 and 2. In your opinion, was this situation inevitable? Why or why not? How would developing more awareness of your reflexive thoughts and feelings have helped resolve this situation in a better way? What strategies could be used in this instance?