

BRIEF REFLECTION ON YOUR THEORIES OF CONFLICT AND CHANGE

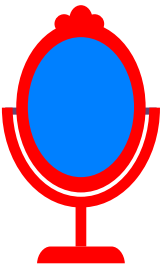
Our theories of conflict and change are basically our working understandings—implicit or explicit—of the nature of conflict and how things change in the world. Our theories emerge from a host of different factors in our lives, including our family values and norms, our cultural context, our life experiences, etc. It is important to better examine our underlying assumptions about conflict and change because—whether we’re conscious of them or not—these core beliefs underlie a lot of our thoughts, feelings, and actions in response to challenges.

The better we understand our own working theories, the more thoughtful, adaptive, and strategic we can be in approaching our toughest challenges.

5 MINUTE REFLECTION #1

Please take 5 minutes to free-write a reflection based on the question below....

What is the nature of conflict?

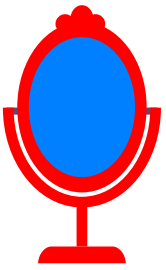


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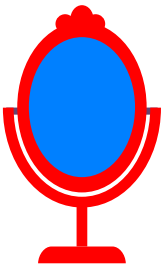
5 MINUTE REFLECTION #2

Let's now do it again on another topic. Ready?

How are conflict and change related?



BRIEF REFLECTION ON YOUR THEORY OF CONFLICT AND CHANGE



BRIEF REFLECTION ON YOUR THEORY OF CHANGE

REFLECT



Once you finish writing, take a moment to review what you wrote.

- What are the core assumptions you identify in your own theory of change?
- How might your theory of change and its underlying assumptions change how you behave as a citizen? Who you interact with, work with, socialize with? Why?
- How does your theory of change and its underlying assumption change how you feel about/respond to current events and debates in the news today?
- Are there situations in which my underlying assumptions about change might not hold true?
