

Meta Mirror

The Meta Mirror is a tool, which builds on perceptual positions that in short helps people to see things from another's point of view. It can help you find a missing link or loophole in a problematic situation to find a solution, or just see things from the other person's viewpoint and understand where they are coming from.

The Meta Mirror can help you change your way of thinking, spot where you are lacking, help you get better understanding about the other person, forgive others easily and improve relations by improving your decoding skills.

How to use the tool

You can use Meta Mirror to support another person to use it by walking them through the steps. It is used when your mentee has a difficult or dysfunctional conversation or interaction with another person and this provides a way of preparing, to ensure that conversations really count!

A worked example...

- 1 Mark out 3 positions on the floor (labelled You, Others, Wiser Self).
- 2 Step into position 1 (You) and ask the question 'What are you experiencing (thinking and feeling) when you look at the other person? Ask them to visualise the other person standing in position 2 (Others).
- 3 Ask the individual to step out of position 1 and take a moment to clear their thoughts before asking them to stand in position 2, looking back at position 1. Ask the individual to put themselves in the shoes of the other person and ask the question 'What are you experiencing (thinking and feeling) when you look back at 'You' in position 1?
- 4 Move to position 3, your Wiser Self, and ask the individual to think what advice a wise friend or colleague might say about how you are handling that conversation, what might you as the individual be missing? Give any advice you can think of.
- 5 Bringing your Wiser Self into the relationship, for Step 5 & 6, ask the individual 'How is it different now'?
- 6 To finish, come back to position 1 and reflect on what you have learnt.