



SOS Reflection

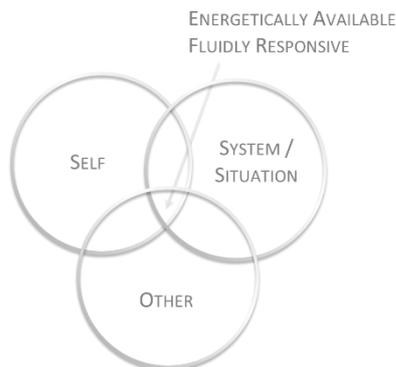
"The only real voyage of discovery consists not in seeking new landscapes but in having new eyes." -Proust

What is this?

A way to deepen your reflective and thinking capacity, which is a catalyst for growth. Do it by yourself, regularly, and explore sharing with someone else.

The SOS – an introduction

The SOS stands for Self, Other, System, and is a model from the Relational Organizational Gestalt research community (S. Denham-Vaughan & M-A. Chidiac).



In brief: the more we cultivate our present centered awareness, the better our abilities to be Fluidly Responsive. I.e. access and make use of all "data" of one self, the group and the current situation that we are constantly presented by just being. This heightened awareness enables us to make conscious choices, in the moment, leading to value for both self, other and system.

Regular SOS reflection

Where do I put my attention: Self, Other or System?

Self:

Who am I? What is my gift right now?

HOW am I present to myself?

What modes, triggers, figures are active in me right now?

How can I be the creator of my experience?

What do I need to let go of?

What do I want to let come?

Other

Who are WE? What is our gift right now?

How do I affect others?

How am I affected by others?

How do I relate with others?

How do others relate? To me? To each other?

How can I be a Co-Creator of our desired experience?

What do we need to let go of?

What do we want to let come?

System:

How do I affect / am affected by the situation / the system?

How do culture and structure help or hinder relating between people in the system?

How can I be a co-creator of a system that catalyzes growth?

What do we need to let go of?

What do we want to let come?