

# Caring Conversations for Reflexivity in Research

**Being courageous-** What might help us to feel able to take a risk? What question is begging to be asked? What story is longing to be told?

**Connecting emotionally-** When did I experience strong emotion? What if I told others how I was feeling? How do I feel about being in the group? How would I like to feel?

**Being curious-** What caught our attention? Where might it be leading us? When were we most energised? Who would we like to hear more from? What assumptions or contradictions have come to light?

**Collaborating-** With whom do I feel heard? Who brings out the best in me? What might help us to come together more? What ideas/actions would we like to build on? How do we want to be involved?

**Considering other perspectives-** How might I express myself in a way that is considerate of others? How can we ensure that those who aren't present still feel included? What alternative views might we explore?

**Compromising-** What would we like to let go of today? What promises feel possible?

**Celebrating-** What do we value? What do we do well? What mistakes might we like to celebrate? What new idea would we like to bring forward in to the future?