

Left-Hand Column

Information Processing: Exploring and Discovering

PROCESS

- During dialogue, members maintain a split sheet format for recording items in either a right- or left-hand column.
- Record in the right-hand column data or ideas one wants to remember.
- Record in the left-hand column what one notices about self-talk and reactions to the conversation.
- Examples include what I need to set aside in my listening in order to stay present; what are my intentions; what are my judgments; what am I feeling in the moment, and is the feeling evoked by a correct interpretation of the interaction, or am I responding to “noise in my head” or personal history in some way; what are my assumptions; what can I learn about me from my reactions.

ALTERNATIVES

- Provide members with two-column recording sheets, with prompts in the left-hand column like assumptions, feelings, judgments, and supportive data.

