

Introvision

to insight and outlook with the help of Dynamic Judgement-formation[®]

Introvision is a method that helps you objectify a (strong) negative feeling regarding a person or situation. After the Introvision you know better the underlying question or problem, where it came from, what you want with it for yourself and how you might achieve. If Introvision does not lead to a solution, you can present your question / problem more focused to a colleague, boss, advisor, coach or peer group. This avoids asking unnecessary time and attention of (the) other (s).

In this application we deliberately chose a negative feeling as a starting point. Of course, it is possible to start examining from each feeling, therefore a positive feeling, each question in this way.

Goal

Experience what an Introvision can contribute to:

- reducing/processing tension/stress;
- insight into yourself and the situation so that you can:
 - learn from mistakes of others and yourself;
 - see where you can recover errors;
 - see what further action is necessary to achieve your final goal.

Procedure

Look back calmly and systematically at an occurrence that has awoken (strong) negative feelings in you, and examine your actions in relation to it. Look back with the aid of the helping questions in the schema on the back page. Copy the work sheet and write your comments on it. The predetermined questions are to be seen as helping questions which point you in the right direction. Allow yourself the freedom to systematically add some questions and information points so as to broaden your picture. Start with the questions in the middle. Otherwise you are free to pursue any sequence you like. Work through all the fields, if necessary several times. When you revisit them and 'deepen' your insights allow yourself to revise the answers you gave previously. Do this until you are more or less satisfied. Then answer the concluding questions in the middle.

Evaluation

Finally look back once more at this process and try to answer the following questions:

- What is the (substantive) revenue of this method for me?
- Is there something changed in my initial question, if so what and by what?
- What is the effect of Introvision on me?

Repetition

Repeat this always for your (strong) negative feelings.

If you take Introvision seriously you can experience a direct result: You become calmer and your insight into yourself and this situation increases.

INTROVISION QUESTIONS

FACTS/PRECONDITIONS (perceiving)

In what situation did this obstacle/problem/this feeling arise?

*Recall this situation as precisely as possible.
Helping questions:*

- What was the situation like in detail?
Where and how did I act?
What did the others say and do?
What did I experience at the time?
- ...

GOALS/IDEALS (will)

What does the desired situation look like once the obstacle is overcome?

*Try to imagine the desired situation as precisely as possible.
Helping questions:*

- What will I then have achieved?
- What will I then say and do? What will the others say and do?
- ...

OBSTACLE/PROBLEM/QUESTION (feeling)

AT THE BEGINNING of introvision

- What question arises in me?
How do I formulate my question as specifically as possible?
- What feeling does this obstacle/this problem awaken in me?

AT THE END of introvision

- What question faces me now?
How has my initial question changed?
- What feeling do I have now, after this process?

How do I explain the negative feelings which I have in this situation?

*Face yourself as honestly as possible.
Helping questions:*

- What is strongly affected in me by this obstacle/this problem?
Which norms, values and views?
- What is the conceptual framework that gives rise to such feelings in me?
- How appropriate are such frameworks?
- ...

CONCEPTS/IDEAS (thinking)

How will I ensure that the situation I desire is achieved?

*Be realistic; don't think of compromises but do not demand anything impossible of yourself either.
Helping questions:*

- What should I do or not do in order to reach my goal?
Do I want to do this and when will I do it?
- What ought I to learn or stop doing in order to reach my goal?
When and how will I learn to do or stop doing this?
Do I really want it?
- ...

MEANS/APPROACH (acting)

TIPS

- 1) Don't just read these questions. Ask yourself other specific ones.
- 2) Don't just formulate the answer in your head but also note it down.
By doing this you can observe it better from a distance.
- 3) Ask yourself whether what you have written down is really in agreement with your experiences, feelings, intentions.



WORK SHEET

FACTS/REALITIES
(observing)

Handwriting practice area for 'FACTS/REALITIES (observing)'. It consists of a large rectangular box with a dashed border, divided into two columns by a vertical dashed line. Each column contains ten horizontal dashed lines for writing.

QUESTION + OWNER
(feeling)

Handwriting practice area for 'QUESTION + OWNER (feeling)'. It consists of a large rectangular box with a dashed border, divided into two columns by a vertical dashed line. Each column contains ten horizontal dashed lines for writing.

GOALS/IDEALS
(will)

Handwriting practice area for 'GOALS/IDEALS (will)'. It consists of a large rectangular box with a dashed border, divided into two columns by a vertical dashed line. Each column contains ten horizontal dashed lines for writing.

CONCEPTS/IDEAS
(thinking)

MEANS/APPROACH
(acting)

