

Reflexivity Exercise

**Please do not write your name on this paper.
This exercise is anonymous.**

The objective of this exercise is to develop skills of reflexivity - an important part of action research. The ability to observe our own responses to others is an important step in creating knowledge together with others. This exercise is also a way of encouraging reflexive writing as a learning tool.

Instructions:

1. We want to research the question: "How did our narratives of the Israeli-Palestinian conflict affect your thoughts and feelings? Where do these thoughts and feelings come from?"
2. Take a few minutes to think about the question and then write your response. Write at least one sentence but no more than half a page. You will have 10 minutes for this.
3. The most important thing is to think about where our narratives "touched" you (if at all).
4. We will collect all of the papers and then redistribute them randomly.
5. Read the response written by the other participant. How does it affect you? Where does it touch you?
6. Write your response. You will have 10 minutes for this.
7. We will then collect all of the papers and return them to the original writer.
8. We will then have an open discussion on the exercise.

The question: "How did our narratives of the Israeli-Palestinian conflict affect your thoughts and feelings? Where do these thoughts and feelings come from?"