

## Lyrical Reflection Guide

When we write “properly” – there are numerous conventions about how to structure a sentence. Sometimes this can interrupt our explorations and move us into more rational expression. Here are three approaches that break with that convention and encourage you to express yourself more freely:

### 1. Create a poem:

First of all remember poems do not have to rhyme, although it is ok if they do! Typically they are written as a series of thoughts. Some of those thoughts may be a short phrase containing a single idea; others may much longer than a typical sentence and contain many ideas. It doesn't matter! It is also ok for the content to move about – there doesn't have to be continuity or a logical presentation of information. Have fun with it – there's no right or wrong here.

### 2. Create the lyrics for a song:

This is very similar to creating a poem, however, for those people who are quite auditory it might help to consider what “genre” of music would fit the situation best. Is this a heavy metal performance? Or perhaps it's hip-hop rap? Jazz? Pop? What captures your imagination? Most music will have a distinctive beat – when you have that sense of rhythm start to create your lyrics. As with the poem, there is little need to attend to the structure of the lyrics.

### 3. Create an alpha-poem:

This is like creating your own mnemonic. Start by identifying a word that will act as your “muse” – for example you could use the word “REFLECTION”. Write that word in a column down the left hand side of a page. Then take each letter as a prompt for writing something that feels true for you about the situation you are working with. For example you might start as follows:

R – Really struggling to know what to write in order to get a deeper level of understanding about what was going on

E – Everyone else seems to get it, they are busy writing something, why can't I

F – Feeling like I'm different and that's getting in the way, this isn't about me it's about my client

L – Looking back at what happened in the coaching or mentoring session, I notice I am drawn to...

And so on... It's up to you how long you continue in this manner – for example if you reach the last letter and you feel there is still more to be said, you could go back to the first letter and do another iteration. Or you could pick another word and start again. It's important not to force this – if you run out of inspiration you can stop mid-word if you want to! Sometimes the alpha poem is enough to get you out of the starting blocks and then you might use a different method in order to reflect more fully.

### For more ideas see :

Turner, T, Lucas, M & Whitaker, C (2018) Peer Supervision in Coaching and Mentoring: A versatile guide for reflective practice. Abingdon: Routledge (awaiting publication)