Pillow Talk

A problem has four sides and middle just like a pillow. Developed by Japanese school children, pillow talk is a method used to boost empathy and understanding for all sides of the problem.

Step the first: **Choose a person or a viewpoint with which you strongly disagree.** If you select a person it is advisable that you have them there with you, but if that is not possible, you can do it alone.

Step the second: place yourself in each position on the pillow as you encounter it. Hint this may require some perspective shifting on your part. If completed correctly, you will have a much greater understanding of the other person’s point of view.

1: You are right and the other person (or view) is wrong.
2: They are right and you are wrong
3: Both your positions are correct, and both are wrong
4: It isn’t important which position is right or wrong
5: Finally affirm that there is truth in all four positions.

Please note: The more important the disagreement is to you, the harder it will be to accept positions 2 through 5 as valid. But the exercise will only work if you can suspend your present position and imagine how it would feel to hold the other ones.

Step the third: **write about how you feel in each of the positions and why.** Include the following in your paper: first, what the experience was like for you overall, second, if you had an increased understanding of the other person’s position and third, if your feelings for them have changed at all. This paper should be one to two pages.