

4 Ws of Making Meaning

Choose a specific experience and use the following questions to process an experience.

1. EXPERIENCE – WHAT?

What happened, factually?

Which of my senses were stimulated?

2. REFLECTION – WHAT'S WHAT?

What did I feel?

What did I think?

3. INTERPRETATION – SO WHAT?

What images or stories can this be connected to?

What might this mean for me? For us?

4. RESPONSE – NOW WHAT?

What will I do individually?

What actions are called for collectively?