**The Pillow Method**

**Interpersonal Communications Homework Assignment**

For this assignment, you will try using the pillow method in your own life. It isn’t easy, but once you begin to understand it, the pay-off in increased understanding is great.

1. Choose a person or viewpoint with whom or which you strongly disagree. If you’ve chosen a person, it’s best to have him or her there with you; but if that’s not possible, you can do it alone.
2. What disagreement should you choose? No doubt there are many in your life:

Parent/ child Teacher / student Employer/ employee Brother/ sister  
friend/ friend Conservative / Progressive

1. For each problem you choose, really place yourself in each position on the pillow as you encounter it:
2. Your position is correct, and your opponent is wrong.
3. Your opponent’s position is correct, and yours is wrong.
4. Both your positions are correct, and both are wrong.
5. It isn’t important which side is right or wrong.
6. Finally, affirm the fact that there is truth in all four positions.
7. The more important the problem is to you, the harder it will be to accept positions 2-5 as valid. But eh exercise will work only if you can suspend your present position and imagine how it would feel to hold the other ones.
8. How can you tell if you’ve been successful with the pillow method? The answer is simple: if after going over all the steps you can understand- the other person’s position honestly, you’ve done it. After you’ve reached this understanding, do you notice any change in how you feel about the other person?

**Write a one page (minimum) reflection. Introduce the person and conflict. Describe what happened with each stage of the pillow method and reflect on how you felt at that stage. Write a conclusion outlining your assessment of the process: do you think you were successful?**