

Shadow Reflection

- Optional

Instructions: Review the notes you captured from your shadow experience. Use this worksheet to begin the process of synthesizing what you heard, observed, experience and felt.

PREPARING
TO INTERVIEWINTERVIEW
QUESTIONSADDITIONAL
INTERVIEWING
TECHNIQUESINTERVIEW
REFLECTIONOBSERVATIONS
& JOURNEY
MAPPINGPREPARING
TO SHADOWSHADOW
REFLECTION

1 DESCRIBE WHO YOU SHADOWED

Who did you shadow?

Age, gender, role, likes, dislikes, strengths, weaknesses.

2 WHAT STORIES DID YOU HEAR?

3 WHAT EMOTIONS DID YOU OBSERVE?

4 HOW DID YOU FEEL?

5 WHAT ARE THE FIVE MOST IMPORTANT THINGS YOU LEARNED THAT ARE RELEVANT TO THE PROBLEM YOU ARE EXPLORING?

