

# Time for reflection leads to better solutions

## Need or provide a reflection period



→ [German Version](#)



*Time to sleep on it once*

### 1. Require a reflection period

You know what it's like: Somebody's pressuring you: *"Right here, right now!" – "Right now!" – "Instantly!" – "Absolutely!" – "Immediately!" – "Let's go now!" – "Come on!" – "Say something!" – ...*

How unpleasant! Inside you resist it. But how can you deal with it?

#### Spontaneous reactions



You may be inclined to counterattack the attack on your well-being like this: *"Beat it!" – "You don't have anything to say to me!" – "That's none of your business!" – "Leave me alone!" – "I forbid any reprimand!" – ...*

Or are you trying to **dodge** it spontaneously **with an excuse**? Maybe like this: *"I'm already on it!" – "Just haven't gotten around to it yet!" – "There are more important things!" – ...*



Or you strike a balance between expectations of others and self-determination: *"Of course I take care of it; and I want to decide for myself when!"* - Note the And after the semicolon: A But in the same place would invite less to meet your desire. With the And it is a statement acceptable to both sides. But you have to come to that first. In this case it is useful to practice this strategy in order to apply it appropriately.

#### Self-control

When you are put under severe pressure, you may need to first [1] [set an interrupter](#) to remember this strategy of balance. This is especially necessary with reproachful reminders, which are usually peppered with generalizations, e.g. *"You always put everything off until the last minute" or "I'm tired of admonishing you perpetually".*



The **generalization** is naturally unpleasant for you, especially if it addresses a **weakness** that you don't like to confess. The defense with the **counterattack** "*This is an outrageous insinuation*" increases the conflict. In contrast, **calm reflection** on the **matter**, its urgency and its expected **time expenditure** is appropriate and helpful.

It contributes **to objectification** and **appeasement** to thank the reminder kindly for his memory and to offer him to take up his hint as soon as possible. You do not have to comment on the matter yourself immediately. This is especially important for difficult matters that require careful consideration or preparation.

## Helpful sleep

In such cases and when **far-reaching decisions** are involved, you should ask to make them no earlier than the next day. This serves you, the person affected by the decision and the case in equal measure. So take the time to discuss it with yourself and others and, if possible, sleep about it.



Because when you sleep, you not only gain distance from what is bothering you, but also more clarity through relaxation the next morning. Sleeping well you will find possible solutions more easily with awake consciousness. This leads you to results that are more relevant and more promising than a spontaneous decision. Therefore, the person who admonishes you will also understand when you express the wish: "*I wish myself **time to sleep on the matter***". Or: "*I don't want to say anything wrong now, but would like to think about it at least until tomorrow*". In this way, you do not expose yourself to any obscurity, and you also indicate that you want to avoid further escalation.

This applies in a similar way to the **management of conflicts**. It is not so much a question of decisions, but rather of the willingness to strive for an **agreement to balance interests**. The possibilities to do this need to be well considered and balanced to be acceptable to both sides. Chapter [2] [Conflict resolution](#) through a change of perspective deals with this.

## Clear appointment terms



With the agreement of a sufficiently large time slot, its conclusion should also be arranged, namely **when, for how long and where** one can meet for a clarifying discussion.

**Aspects** for it are:

- Start: **promptly** - if possible **on the following day**,
- End: **limited** - half an hour to an hour,
- Location: "**on neutral ground**".

A neutral place is a place where both have no home advantage and where everyone has the opportunity to leave if they wish.

## Moderation?



In **case of conflict** it is worth considering if you want to involve a **moderator** in the conversation. Then you would have to agree on a person and include this person in the appointment. A moderator experienced in conflict management would be able to make the opponents find a solution acceptable to both, even in a serious conflict.

## The key question

The stipulated cooling-off period only benefits you if you actually use it actively. Think about it: "***What is for myself, for the other people affected and for the environment now and in the future?***" This [3] "[balance criterion](#)" can serve you as a guideline for weighing different options. You should document your thoughts on this with keyword-like **notes** in such a way that you can convincingly present the insight you have gained in the agreed **discussion**.

## Watch out!

After all, you should **keep to the agreed date**.



If you have a lot on your mind, it is best to enter the appointment immediately with a reminder, e.g. in your smartphone. A missed appointment would give the person an actual argument against you. And an insufficiently prepared conversation easily takes an uncertain course. You certainly don't want either. So:

**Use the time taken to your advantage**, make your time for reflection your **saved time!**

## 2. Allow time for reflection

Suppose you are responsible for a project or employees or relatives. You have formulated clear expectations and made important appointments. But they are not kept. How will you proceed then?

## Solution orientation

By putting yourself - as above - in the position of people who have been urged, you will try not to put pressure on the defaulters. You would do well to describe objectively, but not reproachfully, the expectations that have not been fulfilled so far or repeatedly, and the consequences that have arisen as a result. You are looking for a **solution to the problem** that the defaulting person can support. In an agreed period of reflection he should think about how he can and wants to contribute to alleviate the problems that have arisen and prevent them from arising in the future.

You should also use the same time for reflection for yourself by considering which framework conditions you can change in such a way that they can be fulfilled more easily and better.

## Rewarding tolerance

By taking responsibility for others, you should also **be tolerant** of their imperfection. Let others' [4] [mistakes](#) be considered **learning opportunities** as well as your own. Perhaps the example of a CEO I quoted in [5] "[Schools needs good teachers](#)" gives you food for thought:



A manager was called to the head of the company after he had "bombed" several million dollars. He conceded in a low voice that he now had to ask for his dismissal. The CEO replied: "*Why dismiss? I'm not going to fire you where I just invested a few million dollars in your education.*" - You can imagine how the manager reacted to it.

**Recognizing the benefits of mistakes** is obviously also a sign of high self-competence.

## Conclusion

Even for those who grant a **Delayed Time for Consideration**, this time is not lost, but **gained time**. And **indulgence** is proof of **strength**, not weakness!

## Note of thanks

Translation of this article into English with the generous support of [6] [Sabine Gessenich](#).

## LINKS



German Version:

<https://p-j-r.de/publicationes/bildung/selbstkompetenz/236-bedenkzeit.html>

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[1] "Necessity and Benefits of Interrupter-setting":

<https://p-j-r.de/pdf/articles/interrupter.pdf>

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[2] "Conflict resolution by changing perspectives" describes the analysis of the situation and preparation of the clarifying discussion:

[https://p-j-r.de/pdf/articles/conflict\\_resolution.pdf](https://p-j-r.de/pdf/articles/conflict_resolution.pdf)

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[3] The balance criterion and the responsibility criterion derived from it are explained in the chapter "Taking responsibility for freedom" of my book "School of Consciousness":

<https://p-j-r.de/publicationes/pd-nachrichten/205-sdb-doku.html#2.16>

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[4] Learning from mistakes:

<https://p-j-r.de/publicationes/bildung/kompetenzentwicklung/68-aus-fehlern-lernen.html>

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[5] "Schools need good teachers", chapter 1.5 "Emotional intelligence", p. 67 "Interpreting it differently" - documented in

<https://p-j-r.de/publicationes/pd-nachrichten/207-sbgl-dokumentation.html#Kap.1>

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[6] Sabine Gessenich:

<https://sabine-gessenich.com>

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**Teaser:** In order to react well-considered to a demand which is pressing you, you need time to think about it. You will find considerable aspects for this here.