

The Framework:

I – Impact: Describe the emotions you felt.

D – Description: Describe the phenomena that you sensed objectively. Pay attention that you describe objectively and that your description is free of interpretations.

I – Interpretation: What I think (about what I see). Formulate at least one positive and one negative interpretation.

V – Values: Consider both cultural value orientations and personal values from the perspectives of all involved including your perspective.

E – Evaluation after analysis. Did anything change?

| Impact | Description | Interpretation | Values | Evaluation (+&-) |
|--------|-------------|----------------|--------|------------------|
| | | 1. | | 1. + |
| | | | | 1. - |
| | | 2. | | 2. + |
| | | | | 2. - |