

Being Friends Together

Ways of Working > Individual or 1:1 Reflection Processes

Individual or 1:1 reflection processes

In this section you will find descriptions of individual or one to one reflection processes used within the *Being Friends Together* materials.

You can download or link to the various resources listed below from the *Ways of Working* page.

- **clay or play dough response activity**

Guidance from the Appleseed workbook *Seeding the Spirit*

- **journalling**

Guidance to the discipline of personal reflective writing popular among Friends from George Fox onward

- **one to one spiritual companionship or friendship**

- An outline of a first meeting with a spiritual friend or learning companion adapted from *Becoming Friends* to fit whatever learning activity you are working with
- An outline of a last meeting with a spiritual friend or learning companion adapted from *Becoming Friends* to fit whatever learning activity you are working with
- A session developing the skills and awareness needed as a spiritual companion supporting someone on a learning journey, taken from *Becoming Friends: Living and learning with Quakers: Preparing to be a companion handbook*, Ginny Wall, Quaker Books, 2010.

<http://together.woodbrooke.org.uk>



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