

### Conversational, Relation and Contextual Awareness (CRACA)

This checklist explores what helps or hinders a good talk in different contexts and relationships. It only takes a few minutes to complete. It can be used to gather data anonymously and or for sharing reflections and raising awareness immediately after a discussion. There are no right answers. Be compassionate, considerate and curious if sharing your evaluations with each other.

**Give a name to the context and the type of conversation** e.g., reflective practice session, team meeting, therapy session, general talk at work, appraisal meeting, crisis meeting, social time, family discussion, tutorial, seminar etc.

(.....)

Just after the discussion, circle your responses where 1= least true, 9= most true for you

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|-----|--|-------------------|
| 1.  | We kept track of where the conversation was going  | 1-2-3-4-5-6-7-8-9 |
| 2.  | We discussed our immediate hopes and fears   | 1-2-3-4-5-6-7-8-9 |
| 3.  | We had a shared purpose for the conversation   | 1-2-3-4-5-6-7-8-9 |
| 4.  | We negotiated power and influence between us   | 1-2-3-4-5-6-7-8-9 |
| 5.  | We were open to different ideas and ways of thinking   | 1-2-3-4-5-6-7-8-9 |
| 6.  | We expressed our feelings genuinely and fully  | 1-2-3-4-5-6-7-8-9 |
| 7.  | We were new to this way of talking with each other   | 1-2-3-4-5-6-7-8-9 |
| 8.  | We behaved appropriately towards each other  | 1-2-3-4-5-6-7-8-9 |
| 9.  | We connected with each other personally  | 1-2-3-4-5-6-7-8-9 |
| 10. | Mixed feelings were allowed within and between us  | 1-2-3-4-5-6-7-8-9 |
| 11. | We helped each other take turns and have a voice   | 1-2-3-4-5-6-7-8-9 |
| 12. | We had enough time and space to talk things through  | 1-2-3-4-5-6-7-8-9 |
| 13. | We reviewed how we were relating to each other   | 1-2-3-4-5-6-7-8-9 |
| 14. | There was a sense of safety and trust as we talked   | 1-2-3-4-5-6-7-8-9 |
| 15. | This kind of discussion is valued by people in this context  | 1-2-3-4-5-6-7-8-9 |
| 16. | How much did talking with a map play a part in the conversation?<br>Not at all    a small part    some part    an important part    a very important part                  |                   |
| 17. | How much training and practice have you had in the methods of talking with a map?<br>None    less than a day    more than a day    more than five days    more than a year |                   |
| 18. | How many times have you met like this?    Only once    a few times    quite often  |                   |
| 19. | Finally, please indicate in a sentence or two how this checklist helped your reflect or not.   |                   |

Thank you for completing this questionnaire. Feel free to discuss your responses with other participants or complete it again in relation to a different context.