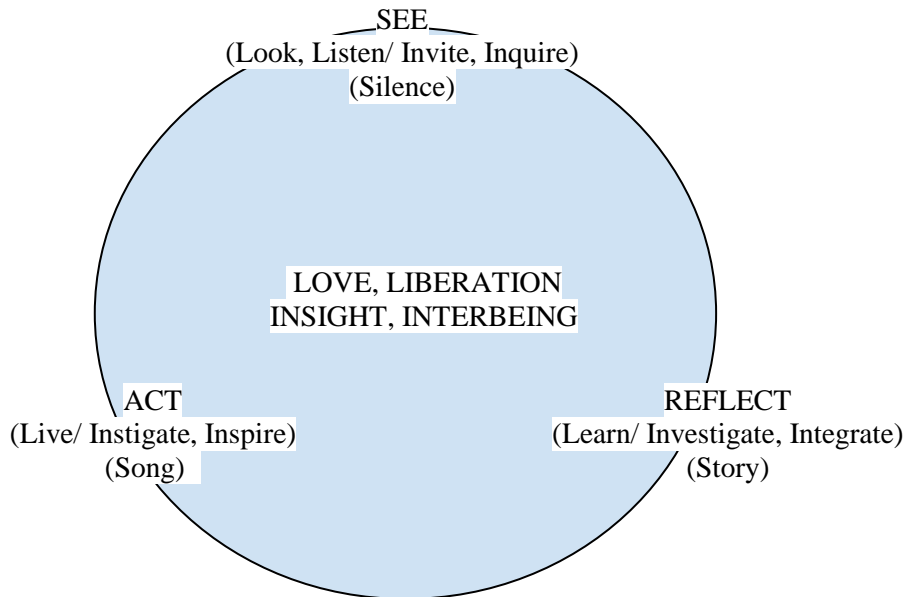


DIAGRAM 1 - CIRCLE OF INSIGHT



*See* —observation, fact gathering—the ability to look and listen deeply to the other and to investigate, as a reporter, the reality in which the other exists and seeks meaning, to invite and inquire into facts and information, requiring silence and deep listening

*Reflect* —critical reflection—the utilization of socio, economic, political, religious, spiritual, cultural, ethnic, environmental, theological, psychological, etc. knowledge and wisdom to ask reflective questions given the particular reality observed, fostering deepened learning and integration, to critically integrate information, requiring investigative storytelling

*Act* — just and liberating action—in light of what is seen and reflected upon, or learned, one acts and lives, instigates and inspires, requiring that one, metaphorically, sing her or his song in and for the world

This dialectical, open, purposeful, enlightening circle or cycle process continually moves from seeing, to reflecting, to acting (looking, listening/ inviting, inquiring; learning/ investigating, integrating; living/ instigating, inspiring) and then begins again, all the while inviting deeper movement toward love, liberation, justice and insight, consistent with the core values and ethics of social work.

Synthesized by author, fall 2001, updated, 2003, 2008, and 2016.