

“BUT THAT’S NOT RIGHT” REFLECTION: Identifying the type of “not right” and what you can do about it

Reflection is the first step in understanding where you currently stand. Here are a series of questions aimed at helping you identify what type of “not right” you have experienced and what you can do about it:

1

A situation where I felt something was “not right” was...
Describe what happened

2

Was there a decision that I disagreed with?
Try to say what the decision was and who made it (an organisation or role)

3

What type of “not right” do I think it might be?
Do I feel the rules are wrong? Do I think a rule was broken? Do I think they made a mistake or misunderstood something? Do I think the evidence was considered fairly? Do I think I need more evidence? Or do I just disagree with their opinion?

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4

What are my options for moving forward with this type of “not right”?

5

What are some ways I can respond that protect both my values and my well-being?