

# Pause and Reflect Discussion Guide



**New Tactics**  
in Human Rights

[newtactics.org](http://newtactics.org)

# Pause and Reflect Discussion Guide

## Instructions

Effective advocacy requires that we take time to celebrate our successes! This keeps us inspired and determined. We need time to reflect on our challenges and lessons we have learned. Taking time to pause and reflect helps us achieve more successes in our future actions.

**When** | After a specific activity or campaign period.

**What** | Hold a brief meeting.

**Who** | Include key people who implemented the activity or campaign. These might include staff of your organizations, volunteers, community members or other allies. You might also invite others outside the campaign to hear different perspectives.

Choose a **facilitator** to ask the following questions.<sup>1</sup>

Choose a **note taker** to record the answers.

<sup>1</sup> These questions are adapted from Spark Policy Institute (n.d.) Sample: Intense Period Debrief Facilitation Instructions. *The Advocate's Evaluation Toolkit*.

### Possible Questions for Reflection

#### 1. Reflect on Your Successes and Outcomes

Look at your *Choosing Outcomes and Success Markers* worksheet to review your predicted outcomes.

- What successes can we identify from this activity or campaign?
- Which of these successes were critical to moving our advocacy forward?
- Did we achieve progress on the Outcome we predicted for this activity or campaign? What evidence do we have that we achieved progress?
- Did we achieve some other Outcome that we did not predict for this activity or campaign? What evidence do we have that we achieved it?
- What activities were not planned, but we completed? Which ones were critical to our success?

#### 2. Reflect on Your Targets

Look at your *Spectrum of Allies* worksheet to review your answers.

- Did our targeted audience participate in the activity or campaign as expected? Why?
- Were some [individuals/groups] over - or under-represented? Why?

#### 3. Reflect on Your Context

- What occurred externally that influenced our activity or campaign?
- How did it influence our success? How did we respond that improved the outcome of our activity or campaign?
- Were there any opportunities we failed to leverage? How could we respond to challenges in the future?

#### 4. Reflect on Ideas for Future Action

- How should our tactics, strategies, or actions change based on our discussion today?
- What immediate steps can we take to move forward?