

# The Four Ways of Seeing (Thinking\*)

Presented by Alberto Gonzalez, Retired Army Special Forces at a Negotiation/Mediation training led by Roy Baroff for Marine Forces Special Operations Command, Camp Lejeune, NC (2015 – 2018)

\*edited by Roy Baroff

Use this approach to help you consider a situation / dispute / issue from multiple perspectives.

How we think about or see ourselves in the situation	How we think other's think about or see us in the situation
How others think about or see themselves in the situation	How others think about or see us in the situation