



Co-funded by
the European Union



QUESTIONS AND REFLECTIONS

Stories 4 Wings

2024-1-ES01-KA220-ADU-000255317

Critical Thinking



My Journey to Insight



My Journey to Insight

Critical Thinking

This document includes a series of **9 questions focused on reflecting** on different aspects related to the story being worked on. The questions are organized into three levels of complexity and depth, as follows:

Questions 1 to 3

focus on achieving a basic understanding and identification with the story and characters.

Questions 4 to 6

introduce reflection on the value, skill, or competency being addressed from different perspectives, such as emotional self-exploration or the observation of different attitudes or behaviors.

Questions 7 to 9

encourage deeper reflection and invite participants to approach the different topics from a symbolic perspective, imagining alternative scenarios or relating them to their possible future attitudes or actions.

Some **recommendations** for using this guide are:

Approach reflection in a **relaxed and open way**, without explicitly announcing the values or competences that the activity aims to explore.

Allow participants to arrive at their own interpretations and conclusions **gradually**.

The activity should create a **safe space**, where emotions, thoughts and opinions are welcome.

There are **no right or wrong** answers.

Participation should never be forced; **silence and listening are also valid** forms of engagement.

My Journey to Insight

Critical Thinking

1

What moment in prison made Nick start looking at himself differently?

This question helps participants identify the key turning point in the story (the psychological test and its results), ensuring basic understanding of the narrative.

2

What details show that Nick's childhood was unstable or unsafe?

This question encourages noticing concrete elements from the story (addicted parents, lack of food, constant uncertainty) to build comprehension.

My Journey to Insight

Critical Thinking

3

Have you ever had a moment when someone or something held up a “mirror” to you and made you think?

This question connects the story to participants’ own experiences of self-realisation in a simple, accessible way.

4

How do you think Nick felt when he saw the test results that showed a different image of himself than the one he believed in?

This question invites reflection on emotions such as shock, fear, shame, or relief, deepening empathy.

My Journey to Insight

Critical Thinking

5

What inner qualities helped Nick begin to change his life while still in prison?

This question encourages identifying strengths like honesty, courage, perseverance, and willingness to reflect.

6

How might another detainee have reacted differently to the same psychological test?

This question promotes understanding that people interpret the same situation in different ways.

My Journey to Insight

Critical Thinking

7

Why do you think writing and reading became such powerful tools for Nick's transformation?

This question stimulates discussion about self-expression, learning, and the role of reflection in personal change.

8

What might have happened if Nick had ignored the test results and continued living as he did before?

This question encourages imagining consequences of choices and the importance of self-awareness.

My Journey to Insight

Critical Thinking

9

What could the “mirror” in the story symbolise in real life? How might you use that idea in your own future?



This question connects symbolic meaning (self-honesty, insight) with participants' future-oriented thinking.