Reflection in a Narrative

Sometimes the narrator or protagonist needs an opportunity to really think out loud about what is going on. It gives them a chance to really come to understand things, and it gives the reader a deeper feeling of belonging in the story. Basically, a reflection is when a story follows the thoughts of a character as they grow and change. This is an important part of a narrative. Without reflection, a story can be BORING! With too much reflection, you may feel like you are right in the middle of a twelve year-old girl slumber party. *I was, like, so embarrassed. OMG. You get it.*

This technique is especially used when you tell stories about yourself, called memoirs. The reflection turns the story about yourself into a piece of literary art. Voila.

**Things to add in a reflection:**
1. Your thoughts which would be mean or uncomfortable to say out loud.
2. Your feelings. Maybe you are just too choked up to speak.
3. Funny sarcastic comments. *(Like you could be funny and sarcastic anyway.)*
4. Thoughts which would bore the other characters, but might be important.
5. Epiphanies! *I get it. She was embarrassed, and that’s why she can’t see him anymore.*

You get the picture. Reflection in narrative is a good way to draw the reader deep into the world and mind of the character, which can be a good thing (if your character is a bit quirky but still interesting) or a bad thing (if your character is totally and completely looney—imagine Harry Potter all told through Luna Lovegood’s thoughts. Eek.).