



Understanding our Filters

Early Memories Activity

Knowing that our Filters are formed by our past experiences, one strategy to better understand them is to recall significant past experiences and think about how those experiences may have formulated our Filters. This activity specifically focuses on early memories of being taught about difference. Here are a few examples I've heard from participants in my training sessions:

- A woman who grew up in the 1930's in a rural small town. She described working at the local dime store as a young teen and being terrified when the owner would storm in and shout, "Lock the doors and get under the counter, the Gypsies are coming!"
- An African American woman that remembered moving to a new town when she was 5 or 6. The first friend she made was White girl. When the parents of the white girl found out about their friendship, they told their daughter she wasn't allowed to be friends with her.

For this activity, answer these three key questions:

1. Describe an Early Memory of Being "Taught" Difference:

2. What did you think and feel at the time?

3. How does that impact you today?

If you can do this activity with a small group, share your answers and compare how much those early experiences shaped your current Filters.