



Expectations

The Conscious Link to our Unconscious Filters




Think of a recent experience when one of your expectations wasn't met. It could have been a conflict, a misunderstanding, or just a surprise. Describe your reactions with a bullet lists including what the other individual(s) did as well as what you did, thought and felt.

My Descriptors:

Now, using the **SEE Model**®, circle those descriptors that stopped at the first level of *See*, the level not influenced by our bias. Looking at the remaining descriptors, can you:

- 1) Identify the filters that formed the explain and evaluate

- 2) Assuming positive intent, can you identify different filters that the other individual(s) may have had.

 SEE	 EXPLAIN	 EVALUATE
<p>Objective description and articulation based on observation</p> <p>Information gathering stage</p> <p>What we actually see or observe</p>	<p>subjective analysis and articulation based on our culture, individual experiences, and personal opinions</p> <p>Information processing stage</p> <p>What we actually see or observe</p>	<p>Assignment of value judgment based on what we see and how we explain that</p> <p>Judgment stage</p> <p>What we think/feel about what we think we see or observe</p>