





## **Expectations**

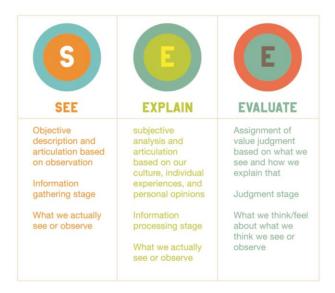
## The Conscious Link to our Unconscious Filters

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**<sup>©</sup>, 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.



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