



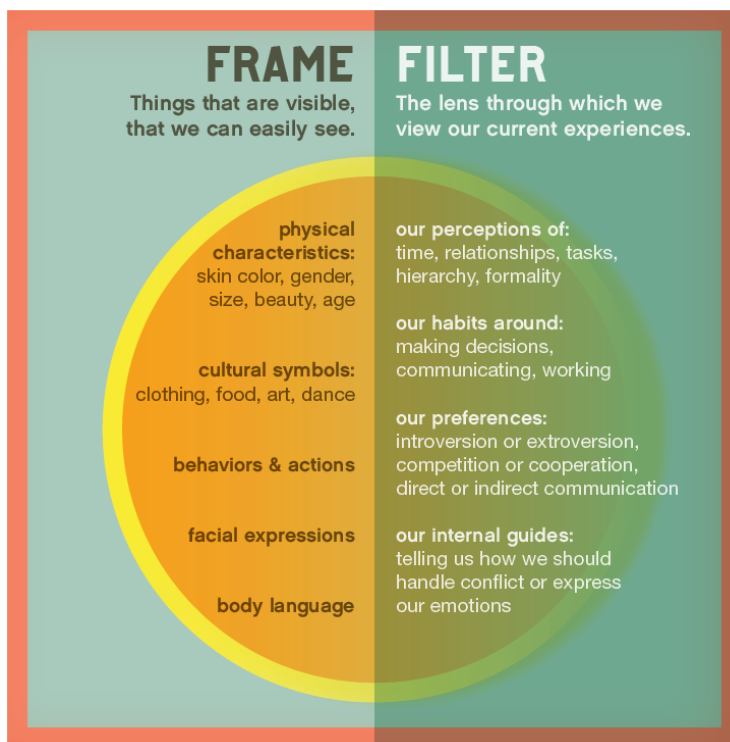
Filter Shift Two: Assume Difference

Filter Check Activity

In this activity, we're going to ask you to do some people-watching. The objective is to observe—both other people and your own filters about them. First, find a public place where you will encounter a number of individuals you don't know, the more diverse the group of people, the better. It may be a park, a mall or a train station or airport. As you observe, be hyper-aware of what your filters tell you about them. Jot down the first several thoughts or reactions that come to your mind. What's their story? Who are they? Then, drill deeper and ask yourself some gut-level questions: In general, do I have positive or negative feelings toward this person? A good way to gut-check this question is to ask yourself if you would feel comfortable inviting them to your house for dinner or if you would be happy if a family member brought them home as their partner.

Remember, you are just looking at different frames—things that are easy to see. Each of us have filters attached to the different frames we see and the objective here is to get a better sense of what those are for you. So, challenge yourself to be as open and honest with yourself as possible.

Using the table below, fill in your descriptors of the frames you see along with your own filters about those frames.





	Frames	Filters
Person One	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
Person Two	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
Person Three	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">

Check your filters: Looking at your list, now let's intentionally assume difference: come up with a very different story. Replace the negative responses, if any, with positive or the positive responses with questions for your filters. Why do you easily feel comfortable with that group or have positive filters attached to them?

The objective isn't to actually figure out the true story of the individuals you observe, but to see how your filters define your perception of others and to empower your conscious mind to challenge your filters. Jot your thoughts and reactions below: