






Describe the picture

This activity helps us understand our levels of observation. To begin, describe the picture below. You want to generate a list of everything that comes to your mind without editing. If possible, do this in a group and generate a group list.



 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>

Review Using the SEE Model

The SEE model describes our levels of observation. As described in *Filter Shift*, this model helps us understand which of our thoughts are controlled by our unconscious Filters. As an example, a descriptor of the picture from the conscious level of *See* would be six people. A descriptor from *Explain* would be family and from *Evaluate* would be happy family. Knowing this, review your list to see how many of your descriptors stopped at the first level of See. Typically, it is very few such as six people and a dog.

This activity isn't meant as a means to shame by pointing out that few of your thoughts came from the *See* level. On the contrary, it is meant to point out that this is how our brains function and to illustrate just how many of our thoughts are controlled by our Filters.



Examples

Here are a few examples of how the past experiences of certain individuals or groups created their Filters and, therefore, determined how they saw this picture:

Boy in back

A group of youth development workers described him as a Boy Scout. They pointed out his ascot and badge on his sleeve. They also said he was upset because the family didn't attend his pinning ceremony.

Picture or window

1. Days after the 4th of July, a group described this as a window looking outside and a 4th of July parade was marching by.
2. Some groups described this as a picture instead of a window.
3. Others saw it as a box on the woman's head. Typically, they were groups or individuals with recent, significant experience in Africa or African-influenced countries of Latin America or the Caribbean where women carry large items on their head.

Two women

A group that worked primarily with the LGBT population described these women as a lesbian couple who have invited a male friend over to their house to serve as a role model for their boys.

Man on chair

People who had a loved one serving overseas in the military frequently saw this scene as a homecoming scene, stating that the man just returned from the war and the family is welcoming him but the son in the back is reluctant because now his role as "man of the house" has changed.

Dog

A group that does volunteer animal rescue work described the dog as emaciated and abused.