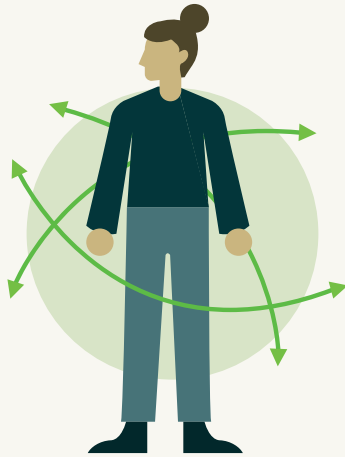


Noticing our Assumptions



Our assumptions or biases are informed by a mix of our genetics and family context (nature) and our life experiences (nurture). This includes family values and culture, early childhood experiences, education, social activities, religion and more.

► **TAKE A MOMENT TO REFLECT**

“What has shaped me and the way I see the world around me?”

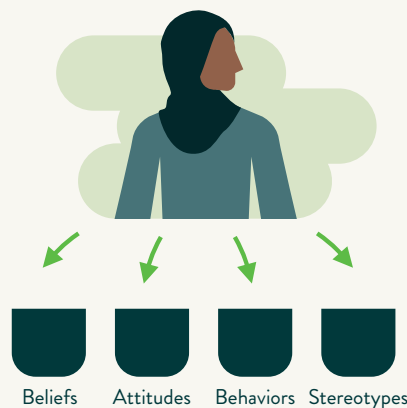


Our interactions with others shape how we see the world and people around us. Some may be positive and others, less so.

► **TAKE A MOMENT TO REFLECT**

on some supportive and challenging experiences you have had that may have impacted you.

Nature and nurture shape how we organize our experiences. Over time we add to our buckets, even without realizing it.



► **TAKE A MOMENT TO REFLECT**

on some of the things in your buckets. Sometimes we organize things in ways we don't like or expect. Don't worry, we can change that!

Evidence shows us that we can change how we see the world. We have the ability – with some motivation! – to better align our assumptions and behaviors to our values and beliefs.



► **REFLECT**

Use assessments and activities, like this worksheet, to reflect on current beliefs and assumptions and how we would want to change them.

► **REGULATE**

Reminders of negative experiences and learning new things can increase our stress and frustration. Stress management techniques like breathing and exercise can help us train our alarm system to respond more accurately.

► **CONNECT**

Building relationships with people, especially those who are different from us, helps create positive experiences shaping how we organize information.