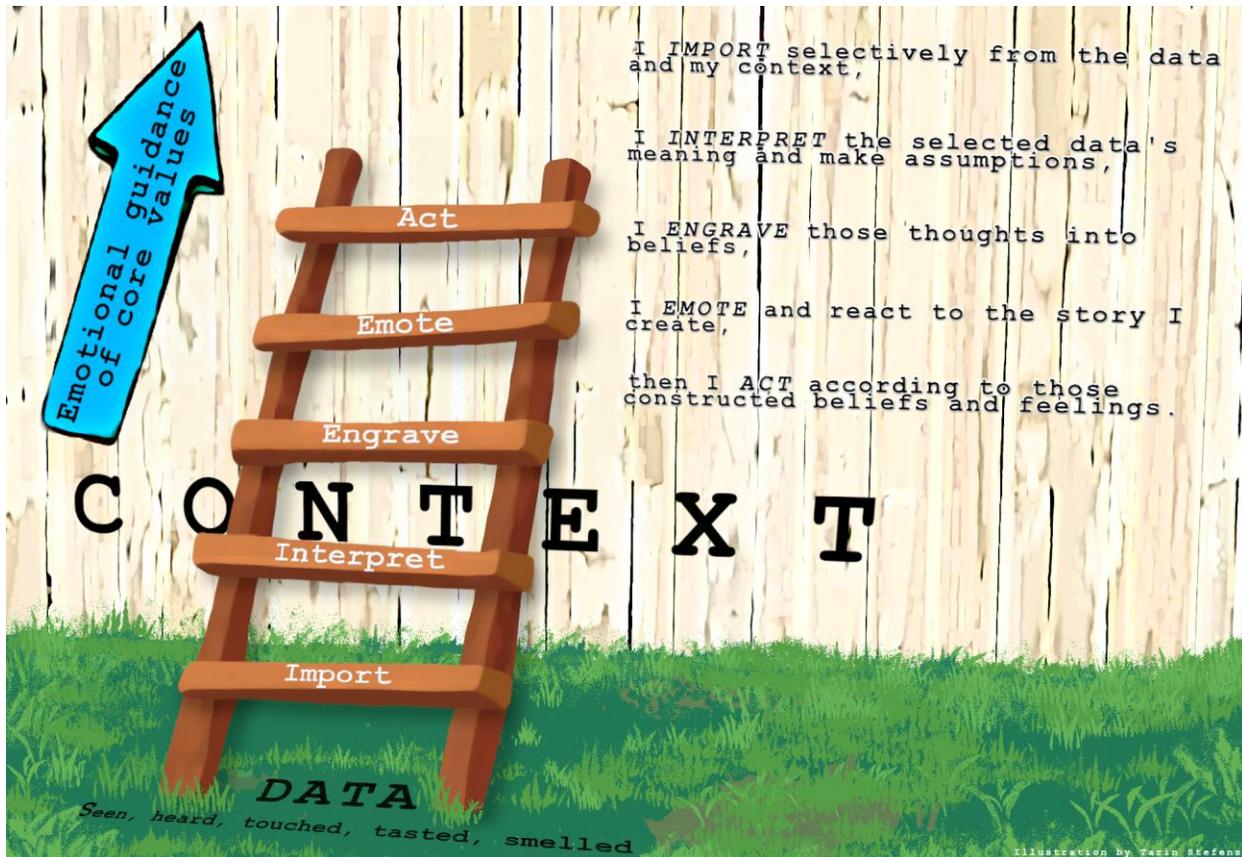


The Ladder of Inference



As you go through your life **you develop a vault of experiences that form your context**, or basic stories, of the world. Your context impacts the steadiness of your reactions as data and new experiences occur.

Data is anything that can be seen, heard, touched, tasted, and/or smelled. **You selectively import data, unconsciously determining what is important.** For example, if you buy a car you suddenly notice that same type of car everywhere.

Our brains are capable of monitoring far more data than we consciously process. For example, within your field of vision you may be able to see walls and objects on tables or shelves. Those are typically things to which you barely attend to, yet if one of those objects levitated you would **import that information to your consciousness**. "Pay attention!" your mind would say, we need to interpret why this object is levitating.

Usually it isn't a levitating object that captures our attention. It may be a shrug, eye roll, smile, or laugh **to which you ascribe assumptions**. You notice someone's body language and interpret it. **Each interpretation adds to the engraved stories** you have built over time from a myriad of assumptions. If you believe people are predominantly kind a shrug might be engraved as a gentle, "I don't know." If you believe people to be predominantly detached a shrug might be engraved as a dismissive, "I don't care." **These beliefs build upon each other** through a confirmation bias, importing data to prove we are right. **Those beliefs then invite emotions,**

The Ladder of Inference

expressed or repressed, and actions, external or internal. **I will call these thought-generated emotions.** The majority of what you feel each day is probably a result of your thoughts. You will likely experience them in your body; our work together is to learn to discern which emotions are thought-generated and what our emotions are here to tell us.

You also have body-generated emotions. I will refer to these as **the emotional guidance of your core values.** Sometimes you “just know” something. You have a sudden sense of clarity or purpose. You have a whoosh of joy and may not even know why. In order to gain more guidance from your inner wisdom of these core values I will be inviting you to pay more attention to what feels like wisdom through five basic emotions of anger, sadness, fear, joy, and desire. Although there are many emotions we will focus on these for now.

Anger – something could be better

Sadness – something to let go of

Fear – something to be known

Joy – something to be celebrated

Desire/Wonder – something to be created

In our workshops you are the expert of your life. I am here to help you introspect and interact in ways that are more constructive in your life and to celebrate the strengths you bring. I welcome your questions, ideas, and feedback and am honored to work with you.

Sincerely,

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