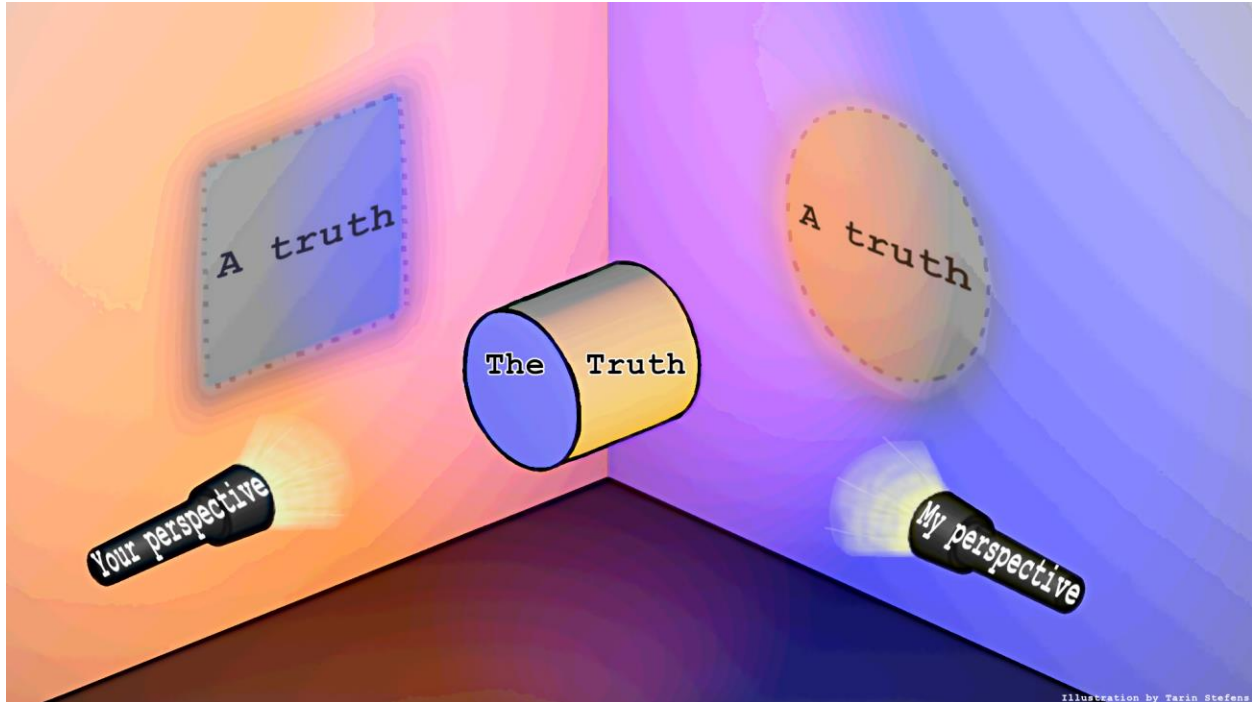


Perspectives & Pursuit of Truth



Where I stand from my perspective I see a truth.
Where you stand from your perspective you see a truth.
We are easily fooled into thinking we know the Truth.

The invitation with this worksheet is to pause and reflect between each of the questions below. Clients find it helpful to explore these questions with a learning partner or to write their responses, allowing what arises to inform their self-understanding.

When did you realize later you had only one perspective around a person or event?

Which individuals/groups/topics do you over-simplify? Do you feel frustration or fear?

How do you remind yourself you bring your own perspective, assumptions and stories?

How do you share your perspective and check out other's sense of truth with you?

How do you stay compassionate and curious?

Rather than seeing the world as simply right and wrong, try seeing what is "right" about the "wrong" view and what is "wrong" about the "right" view.

Think of a person/group or idea you consider "wrong." From what stories did you build that judgment?

What steps could you take to expand your compassion for their perspective?

Perspectives & Pursuit of Truth

Being wrong can be a gift of insight, revealing another perspective, adding nuance to your knowledge.

What belief leads to your righteousness?

When have you been reduced to a single-story by others? How was/is that experience for you?

What strategy do you use to remind yourself that you bring your own perspective, assumptions, and stories into a situation?

What might you ask when you realize there is a gap between your truth and someone else's truth? What would you want someone to ask you about your truth?

Can you be light-hearted and meet someone in the middle by finding an area of agreement?

I am glad to explore truths with you and grateful for your curiosity. For continued exploration I recommend the video "You Are Not Going To Believe What I'm About To Tell You" on YouTube by The Oatmeal. I also recommend the book [Say What You Mean](#) and classes by Oren Jay Sofer as well as books and videos by Valarie Kaur.

Feel free to reach out to me if you have questions or would like to discuss how I might help you or your organization have more openness to truths.

