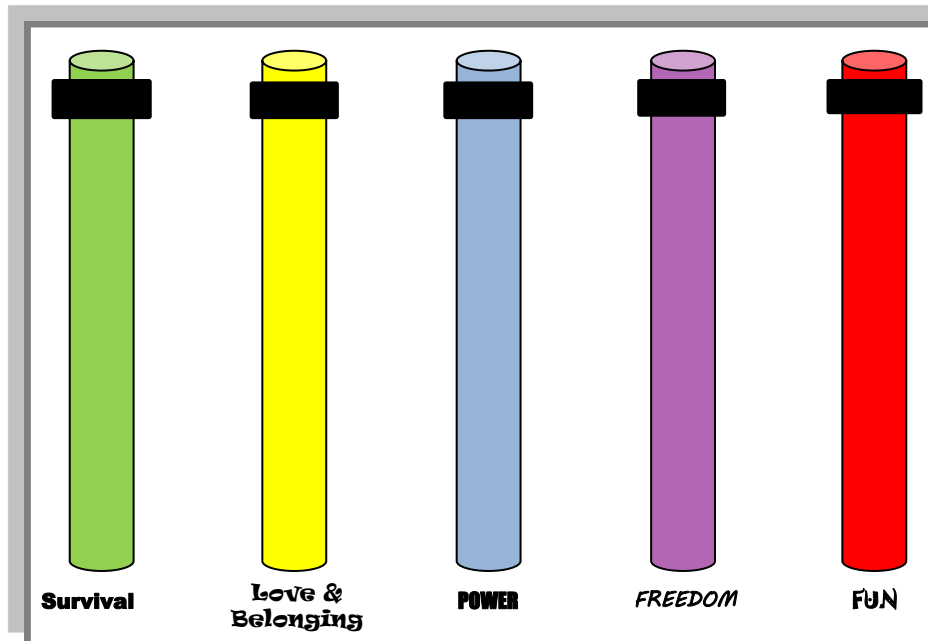


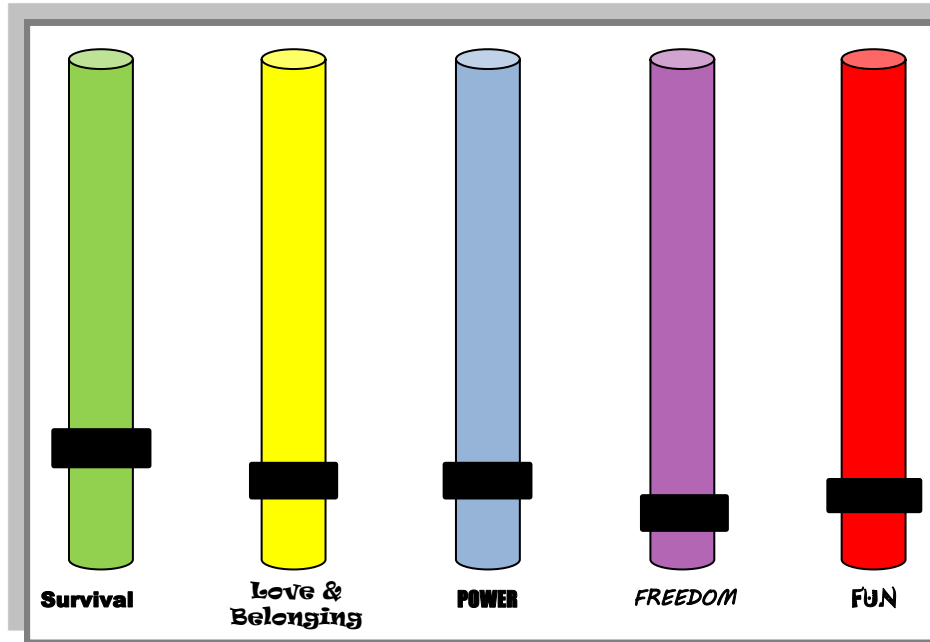
Recapping last week...



We feel **good** when we are meeting our **basic needs** – we have our **Quality World** pictures



When we are not meeting our basic needs
- we do not have our QW pictures



THEN ... **we feel out of balance**

We feel either **angry**, *worried* or **sad**



“The Scales”

Can be used to describe our sense of being **in or out of balance**



“got”



“want”



Quality World
QW

What's next?



In this section we will have a look at what **information** we are getting from the world around us - what we've

“got”

Take Charge of Your Life

Session 4



Learn the Power of Your Perceptions

Why do we think what we think?

The power of our perceptions

What do you see here?

www.theinvisiblegorilla.com/videos.html

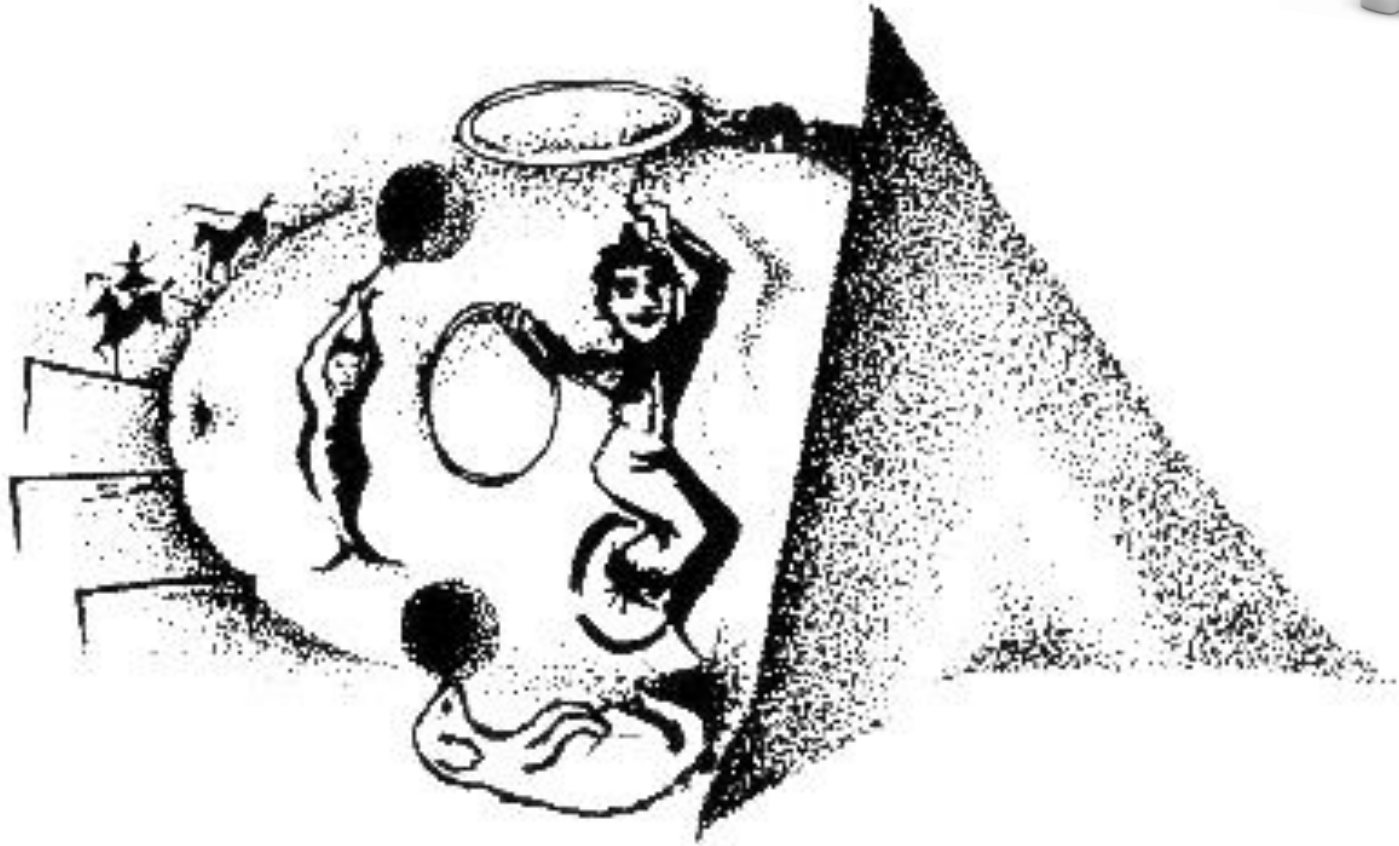


What do you see here?

FOOD



What do you see?



What do you see now?



Mystery Object



The filters



Sensory filter

Takes information in from the 'real world' through the senses – sight, hearing, touch, smell, taste

Knowledge filter

Allows information through that we can link to existing knowledge

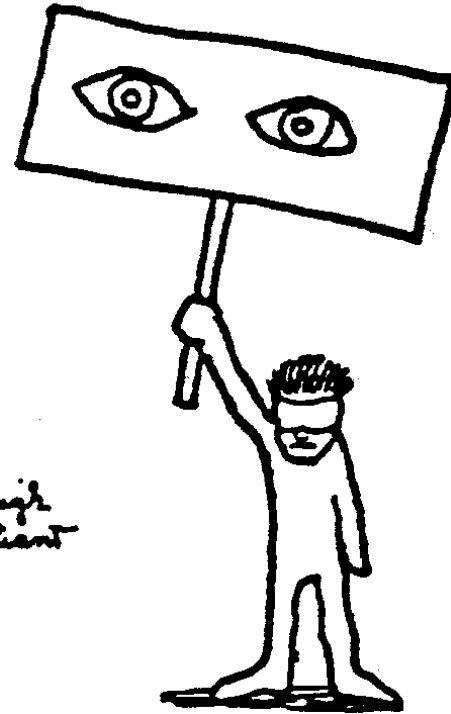
Valuing filter

Allows information through which we put either a positive, neutral or negative value on

SEEING IS BELIEVING —

I WOULDN'T
HAVE SEEN IT
IF I HADN'T
BELIEVED IT.

*Challenging
Brilliant*



*Adleigh
Brilliant*



IT'S STRANGE, BUT
WHEREVER I TAKE MY EYES,
THEY ALWAYS SEE THINGS
FROM MY POINT OF VIEW.

Word Association



When I show the picture or say the word hold up a

- **Red** card if this information is **negative** for you
- **Yellow** card for **positive**
- **Green** card for **neutral**

“The shower curtain”



Perceptual System



The only way to change perception
is to give significant information

Comparing Place



*Frustration signal
and urge to behave*



“got”

“want”

Perceptual System



“One of the most difficult lessons to master as we struggle to create effective change is to learn not to label something as bad just because it is different from what we want.”

“When we label anyone ‘bad’ we will have more trouble dealing with him than if we could have settled for a lesser label.”

William Glasser

So... What's this got to do with our mental health?

- What benefit do you see from being more aware that your perception is not the “whole story” of what is happening at a particular time?
- How can our perception influence our communication with one another? Our relationships? Our behaviour?
- What happens when what we want doesn't match what we've got? How do we feel?



Perceptual System



“One of the most difficult lessons to master as we struggle to create effective change is to learn not to label something as bad just because it is different from what we want.”

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Implications



- We all see things differently
- Changes in our **knowledge** and **values** bring about changes our **perception**
- Our **perception** is what we've **"GOT"**

Perceptual
system



QW



*Next week we will look at our **behaviour**,
which is our attempt to balance our scales.*

Geometric Close

