

PERCEPTIONS

No person will live and function contrary to how they perceive (believe) themselves to be. Similarly, we will relate with others based on how we perceive them to be, and how we believe they perceive us.

Perceptions are formed based on two elements. First, facts and/or circumstances. Secondly, how we interpret those facts. Combining the two, we form our perceptions.

With that said...complete the following:

I perceive _____ to be:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

I believe _____ perceives me as:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Note: Please be open, honest, and emotionally free as you consider each. Be thorough and consider all areas/roles involved in your relationship.