



303b

Your filters

Exercise #1: Write each filter at the top of a page:

Culture

Language

Values

Attitudes

Beliefs / assumptions

Intentions

Expectations

Emotions

Exercise #2: Now write as much as you need to about how each filter affects your listening. Aim to describe each filter, how it occurred or developed for you, and how it helps or hinders you.

When you're done, you have effectively identified your autopilot settings. Now you can take control!