

Perception

How we view or see things can influence our thought process and behavior. Inaccurate perceptions of situations can lead to negative thinking, negative behavior, and negative consequences. There is power in perception. Have you ever viewed something as hard to achieve and then when you tried it, it was easy? Or have you ever viewed something as easy and it was actually hard? Or have you ever had the wrong perception of someone or something? We have to be mindful of our perceptions. Everything is not always what it seems to be and we need to make sure that we are looking through the right lens.

1. What is your perception of being in this group? Please be honest.

2. How did you come to this conclusion? Is it based on your personal experience or what others have told you?

3. Do you have the right perception? Are you looking through the right lens?

4. Many people say that “seeing is believing.” Is this true or false? Please explain.

The statement “seeing is believing” is based on perception. There are those that will never manage their anger because they don’t see themselves having a problem. They will rationalize or defend their behavior because they perceive it as acceptable. They may even believe or perceive that others are the ones with the real problem.

5. What perception do you have of yourself? What do you believe about yourself? Please be honest.

6. Sometimes having the wrong perception can trigger people lose control of their emotions. Has this ever happened to you? If so, what can you do to reduce wrong perceptions?

7. Have you ever perceived something as a crisis and it really wasn't? Describe what happened.

8. What can you do to make sure you make rational choices?

9. Many say, "I don't care what other people think." But many are lying to themselves. What strategies can you use to keep a positive mindset if someone perceives you the wrong way?

10.If you failed to manage your anger on a regular basis what would be the possible consequences?
