

Challenge a Mental Model



Think about a recent conversation that left you feeling like something just was not quite right.

Fill out the form below.

Write out the conversation.

Write what you were thinking every time the other person spoke.

Now, go back to where you wrote your thinking during the conversation. Are there assumptions you made? Are there thoughts that you had that could be judgements and not facts? Is there a point where you could have asked a question to understand the other person better?

Jot all of your new thoughts down (maybe in a different color) and see if you might view the interaction differently.