



What's Your Paradigm?

“What you are shouts so loudly In my ears that I can not hear what you say.” ~Emerson

Paradigm = a model, theory, or frame of reference. The way you see the world.

Each of us tends to think we see things as they are – that we are objective. But, this is not the case. We see the world not as it is, but as we are – as we are conditioned to see it.

Spend some time thinking about the paradigm that you have. What circumstances and life experiences have you had that have an impact on how you view the world? Get comfortable with the fact that everything you do is done through this unique lens. List some things here:

When you are working with others, follow these steps to help resolve potential conflicts:

1. Become cognizant of the fact that everyone else is coming to the party with their own lens, and you are likely never going to know all of the things that form the lens.
2. When you are faced with different paradigms, get curious. Ask yourself “I wonder what her perspective is and how it can be so different from mine?”
3. Really listen to her point of view. Don't judge. Don't defend. Listen. Listen to understand. Listen to empathize. See if you can understand her world view. See if you can recognize how all of her life experiences have added up to a different perspective than yours.