

# Personal Reflection Exercises...

## I choose my own friends, regardless of the opinions of others



### **I choose my own friends, regardless of the opinions of others.**

I rely on my own perspective of people rather than that of others. Through my own exploration and experience of another person, I rely on the conclusions I am able to deduce myself. I use what I learn through my own conversation and shared experiences to shape my perception of people and situations.

**It is sometimes easy to be pulled into popular opinion, but I avoid it.** I recognize that the motives of others often drive their desire to paint a particular picture. But I also know that their opinions are shaped by their experiences, beliefs and attitudes and not my own. Therefore, I am careful to do my own research and arrive at an unbiased decision.

When choosing friends, I stay away from asking someone's opinion about them. Their opinion would prevent me from getting a true look at their characteristics. Building friendships requires spending time with others in various situations. My experiences with them help me to see who they really are and to determine based on my own values, if this will be a person I wish to invest more time in.

I recognize that everyone has both positive and negative aspects. **Instead of judging someone by the negatives, I prefer to get a look at the full person.** It's very possible that their positive traits overshadow the negative.

We can sometimes overlook the good by coming to a rash decision based on limited knowledge about a person.

I avoid jumping to conclusions about what I see in someone. I take the time to understand their perspective and make an informed assessment about whether this is a safe and positive person for me.

Today, I unreservedly go into relationships with an open mind and heart. I commit to patiently learning more about others by sharing experiences with them and understanding their perspective about the world around them.

### **Self-Reflection Questions:**

1. Can I tell when someone is trying to cover up their true characteristics? How?
2. How do I know if I have arrived at an incorrect assessment of someone?
3. What are some things that can change my perception of others?