

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.

My greatest reliance is on perspectives I am able to deduce myself. I use what I learn through my own exploration 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. I am careful to do my own research and arrive at an unbiased conclusion.

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.

I recognize that everyone has both positive and negative aspects. Instead of judging someone by the negatives, ***I prefer to get to know the person fully.*** It is very possible that their positive traits overshadow the negative.

I avoid jumping to conclusions about what I see in someone. ***I take the time to understand their perspective*** and make an informed assessment.

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?