

## Self-reflection tool

How might your world view impact what you hear?

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### Instructions

**1. Sketch yourself in the middle of this circle**

You can represent yourself in any way you want. For example, you may draw an outline of yourself and use symbols that are meaningful to you. Consider how your culture and experience intersect with who you are. You can use symbols only you understand.

**2. Answer the questions on the following page**



# Examining your world view

1. What preconceived ideas or assumptions do I have of the outcome?

2. How might these preconceived ideas or assumptions impact on my ability to listen neutrally to people's experiences?

3. How might my experiences and different aspects of my identity impact on my ability to listen and empathise with others?

4. What am I going to do to minimise how my own assumptions, biases, culture and experiences might impact engagement with community?