



Shape Perception Exercises

Raise the probability that others see the true intent in your behavior when you “Shape Flex”.

Working with Yourself

Is there a possible negative perception of you that you want to change? If so, what is it?

Responses

Actions

What shapes can you leverage to change possible negative perceptions into positive ones?

Responses

Actions

Working with Others

Choose a friend, family member or co-worker as a partner in this exercise.

Ask your partner to describe possible positive and negative perceptions of their behavior.

Responses

Actions

What shapes is your partner describing?

Responses

Actions

How does their own perception of themselves compare to how you perceive them?

Responses

Actions

Working with Others

Choose a friend, family member or co-worker as a partner in this exercise.

Ask your partner to name positive and negative perceptions of your behavior.

Responses

Actions

How does their perception of you compare to your own?

Responses

Actions

For any shapes not discussed, what could be some positive perceptions of those shapes?

What could be some negative perceptions of those shapes?

Responses

Actions

Perception is Reality. But one's reality is not always the truth. Raise the probability that others see the true intent in your behavior when you "Shape Flex".