

Seeing Through Lenses: Understanding Perspective, Connection, and Conflict

Part 2 – Understanding the Lenses of Others

One of the most important relational skills is learning to ask: “What lens might they be seeing through?” People often assume others see the world the same way they do. But every person carries a different stack of lenses.

Example

Two people hear the same feedback from a boss.

Person A (lens: encouragement from childhood)

Interpretation: “They want to help me grow.”

Person B (lens: criticism from childhood)

Interpretation: “I’m failing.”

Same words. Different lenses. Different emotional reactions. Different actions & outcomes.

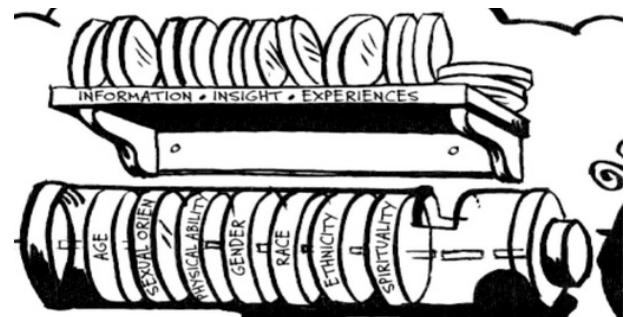
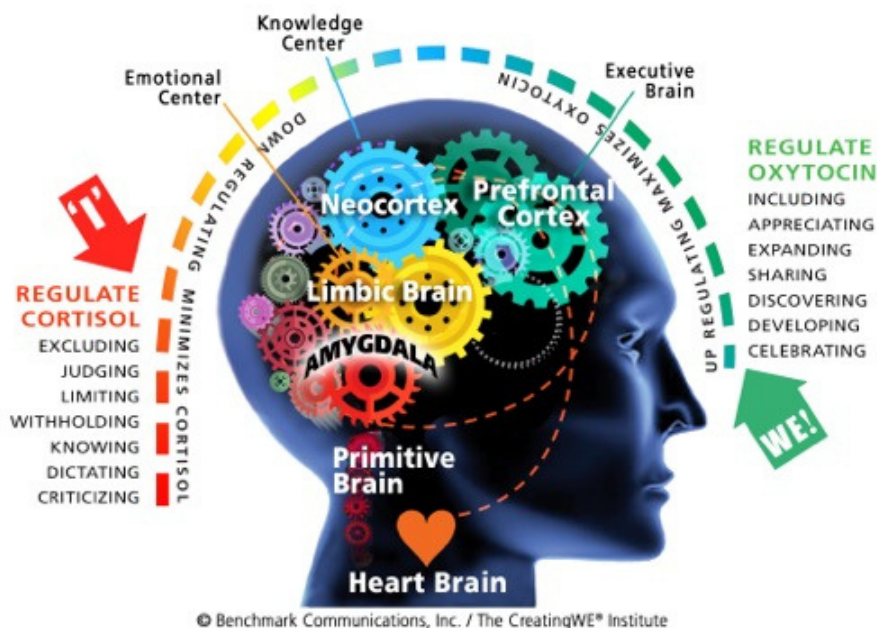
Reflection Exercise – Expanding Perspective

Think about someone you currently disagree with. Now ask:

1. What experiences may have shaped their lens?
2. What fears might influence their perspective?
3. What values might they be trying to protect?

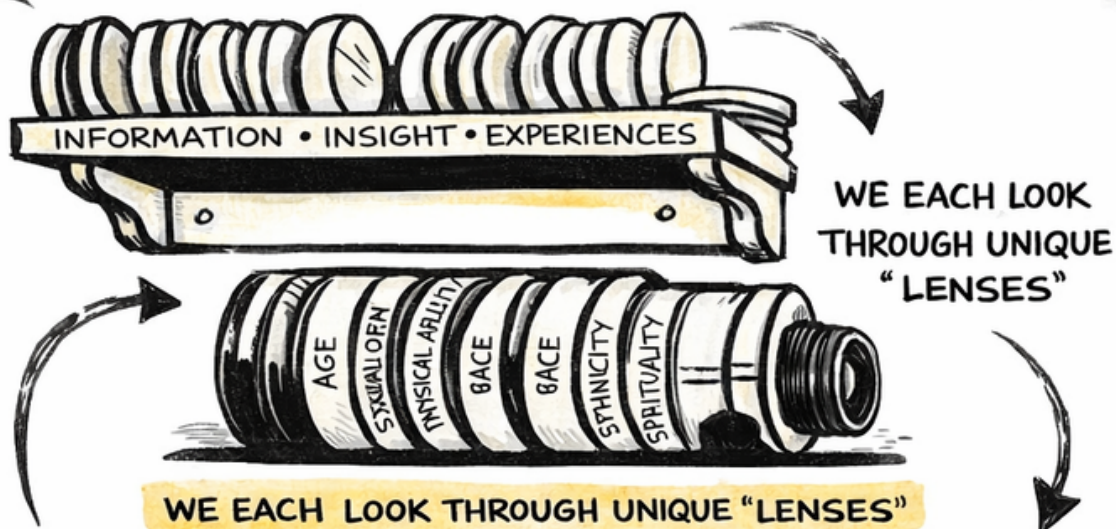
These questions alone can transform conflict. Instead of asking: “Why are they wrong?” We ask: “What lens might they be seeing through?”

HOW THE BRAIN ‘REALLY WORKS’



THE LENS FRAMEWORK

UNDERSTANDING PERSPECTIVES



UNDERSTAND YOUR OWN LENSES

WHAT FIVE LENSES SHAPE HOW YOU SEE THE WORLD?



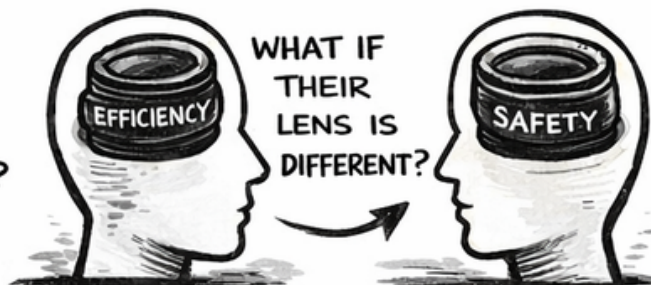
- REFLECTIVE QUESTIONS: _____
- HOW HAS YOUR AGE SHAPED YOUR VIEW?
- HOW HAVE SUCCESS OR FAILURE SHAPED YOUR VIEW?
- HOW HAS PAIN OR CULTURE SHAPED YOUR VIEW?

WHAT LENS MIGHT THEY BE SEEING THROUGH?

► PAUSE JUDGMENT AND GET CURIOUS.

RECOGNIZE THE LENSES OF OTHERS

- WHAT MIGHT THEIR LENSES BE?
- WHAT EXPERIENCES MAY HAVE SHAPED THEM?
- WHAT FEARS OR VALUES MIGHT BE INFLUENCING THEIR VIEW?



RESOLVE LENS-BASED CONFLICT:

- 1 ASK ABOUT EXPERIENCES
 - WHAT EXPERIENCES SHAPE THEIR VIEW?
- 2 ASK ABOUT COMMON GOALS
 - WHAT DO WE BOTH WANT?
- 3 ASK WITH CURIOSITY
 - WHAT IS MOST IMPORTANT TO THEM?