Can You See Me?

Q1.
Has there been times in your life where you have felt misunderstood or seen differently to who you really are?

Q.2
Who in your life do you feel truly known for who you are?

Q.3
How does this affect how you act around them?

Q.4
What do you think prevents you from being truly seen?

Q.5
Has there been times where you have jumped to conclusions and made a judgement about another person without really knowing them?

Q.6
How do you think your perception of others directly affects the way they interact with you?

Q.7
Can you identify any distorted filters in your perceptions that may impact how you see others?

Q.8
How can we encourage others to feel that they can share about themselves more openly and honestly, and consequently promote relationships where people feel seen?

BeThat
FREEDOM STARTS WITH YOU

If you find any of these questions difficult to answer or they make you feel uncomfortable, be sure to speak more about it with us. We arepartnered with amazing professionals who can support you