



This is a bit of Fun with some examples of Perception
Visual Examples

Reading Perception Quiz

Your Brain only needs the first & last letters
of a word to be able to read it!

Olny srmata poelpe can raed tihs. I cdnuol't blveiee taht I cluod
aulacty uesdnatnrd waht I was rdanieg.

The phaonmneal pweor of the hmuan mnid, aocdrnig
to a rscheearch at Cmabrigde Uinervtisy, it deosn't mttar in
waht oredr the ltteers in a wrod are, the olny iprmoatnt tihng is
taht the frist and lsat ltteer be in the rghit pclae. The rset can be
a taotl mses and you can sitll raed it wouthit a porbelm.

Tihs is bcuseae the huamn mnid deos not raed ervey lteter by
istlef, but the wrod as a wlohe. Amzanig

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When you read something your brain and your eyes connect to what the main text is implying or relating to. Hence you will often miss out what your brain seems to believe are unnecessary words.

Selective Perception

John is an exercise junky spending an hour at the gym every day, then a 20-minute walk, sometimes a run and swims when he gets a chance. A self-proclaimed health guru. He eats only healthy, low-fat meals, and is a member of several online fitness groups. However, John smokes cigarettes and several times a week engages in heavy drinking sessions with his mates. Even though John knows about the health risks associated with over consumption of alcohol and smoking, John believes that he will not have any adverse health risks if he exercises and eats well, maybe if he cuts back on his drinking and smoking to a degree.

While John was reading through a Health and Fitness magazine, he came across two advertisements. One for a book about the benefits of regular exercise and eating healthy. The other advertisement about the “Dangers of Smoking and Excessive Consumption of Alcohol”. John went online and purchased the book about the benefits of regular exercise and eating healthy. However, he paid no attention to the advertisement about the harmful effects of Smoking and Drinking Alcohol. This is what is known as selective perception referring to the process by which people will select, categorize and analyse stimuli from their environment to create the experience that they want, while blocking out stimuli that contradicts their unconscious beliefs or perceptions. **In the example** that I have shown you John focused his attention on the Fitness aspect with the exercise, a little on the health aspect with his diet. However, because he didn't have a clear picture of his Core Desire, that to prevent the negative aspects of smoking and drinking, these would have to be eliminated

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from his life, not just cut back. Being Fit was at the forefront of his conscious mind and he had set up self-talk in his subconscious mind that so long as he remained physically active and ate healthy that he wouldn't fall victim to the harmful effects of Smoking and Drinking, so he completely ignored the advertisement about Drinking and Smoking.

Many people do this with the food and drink that they have. They may see that if they change drinking regular soft drink to diet soft drink, they will lose weight, and this won't have a negative effect on their health. Unfortunately, this isn't true. Both have extremely damaging effects of your health. The same goes for the food you eat, it is with wholesome, fresh, non-processed foods that will support a healthier you. It is not about going from Hungry Jacks, McDonalds, KFC, and other highly processed and packaged meals.

“Fitness and Health go hand in hand not to have one without the Other”

In the next area of making changes to your perception you will see how perception is affected by not effectively listening and reading. How this will have a profound effect on the way in which you perceive things.

In this fast-paced world listening and reading skills have become far less accurate than they ever were with the addition of your mind will only pick up what it thinks is important. So, where does this come from? You should know this by now but just in case you don't from your subconscious mind. In reprogramming your subconscious mind with priorities that match once again – Your Core Desires, Your Core Values and Dreams. It will easily detect a more positive range of priorities. Both your listening, reading and comprehension skills will improve effortlessly.

Listening Quiz: People will hear what they want to hear, not always what they are meant to hear. Not unlike the example given with John with what he chose to read and do when it came to his health. Listening is another selective perception.

I want you to try this with a few friends:

1. Join five or more of your friends in a circle.
2. Write down a brief statement – something like “The Chook ran across the road, didn't make it to the other side”
3. Now whisper the sentence that you have now memorized to the person next to you, so that, only that person can hear it.
4. Then that person whispers it to the next person until it gets to the last person in the circle. The more people in the circle, the more interesting this exercise becomes. 😊
5. Ask the last person to say out loud the message as they have heard it.
6. Write the message they say, down on a piece of paper.
7. Read the original message that was written down out loud to the group.
8. Read the final message out loud to the group.
9. Compare the two messages – Are they different? And is the meaning distorted to that of the original message.

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This is an example of how your perception doesn't always fit with what is being said or done.

Active listening is an important element in bringing clarity to your perception, helping you to make positive and significant changes. Active listening involves asking questions, clearing your mind of preconceived ideas, and allowing yourself to be present in the moment. Also, to repeat what you have heard to the person speaking to you, to get a clearer understanding.

Next let's Refresh and Clarify what you have learnt in each of the 6 Modules you have been working through that will provide you with the necessary skills in Module 7

“STAYING ON THE PATH”

STAY HAPPY: STAY FOCUSED & NEVER GIVE UP