

# What am I Doing?

Am I....

Understanding Listening Always Right  
Open Minded Assuming Fixed  
Learning Adaptive Closed Minded



## Closed Minded

Making Statements & Giving Opinions

Immediately Assuming or Judging

Labelling

Trying to Be Understood

Trying to prove themselves Right

Convincing others without listening

Dismissing or Ignoring Opposing Viewpoints

Avoiding, Ignoring, or being Defensive with Useful Feedback

Avoiding People or Situations that Don't Agree with me

Unwilling To Change how I see this no matter what I am shown

You lose out on perspectives required to effectively diagnose and solve problems

You remain stuck in outdated or limiting beliefs

Am I being Rigid or Argumentative?  
"This has to be the way"



## Open Minded

Asking Questions & Trying to Learn

Stating Observations, and Suspending Judgement until Verification

Having checkpoints

Trying to Understand

Trying to see what is True

Actively and Genuinely Listening

Learning from New Viewpoints

Seeking, Reflecting and Learning from Feedback

Learning from People or Situations that Differ from me

Willing To Change how I see this given valid evidence

You are better able to see all the factors that contribute to problems and effectively solve them

You continuously update your beliefs, and grow towards your goals

Am I being Adaptive or Empathetic?  
"What am I not seeing?"