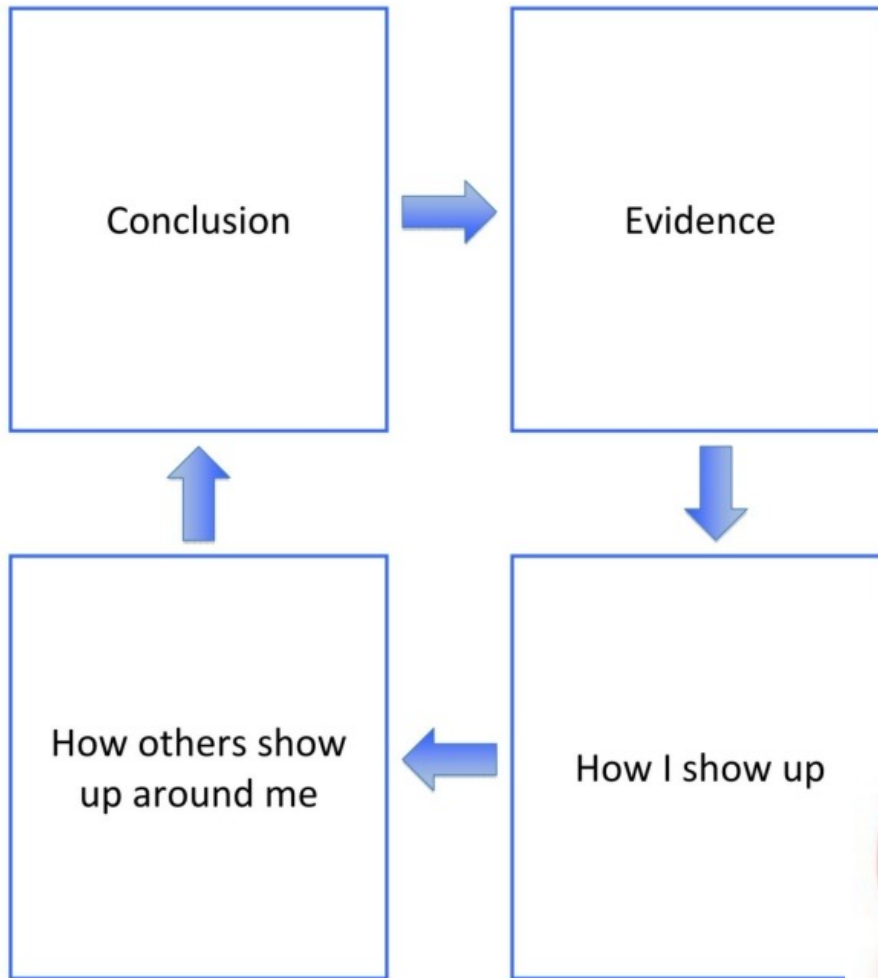


# The Red and Green Lens for the Holidays



# The 4 Boxes



# Conclusions are like lenses

A colored lens filters out everything **except** that color.



## The key to supporting others

Supporting others is not so much about what we do or say **but rather** *how we see others* as we interact with them.



# Believing is Seeing: Characterizations

A characterization is a structure of knowing we've formed about another person that is negative and points to their shortcomings. When we characterize someone, we see them through the grid of our assessments and judgments.

We no longer  
**SEE the Person,**  
the other human being standing in  
front of us – we only see the evidence  
we've gathered about that person.

Our characterization limits  
both the way we interact  
with others and our  
memories of them.



# The Red Lens



1. *There's something wrong with this person.*
2. *They do not have their own answers.*
3. *I do, and it's my job to show / fix them.*
4. *Their commitment and motivation are questionable.*
5. *They are a drain on me.*





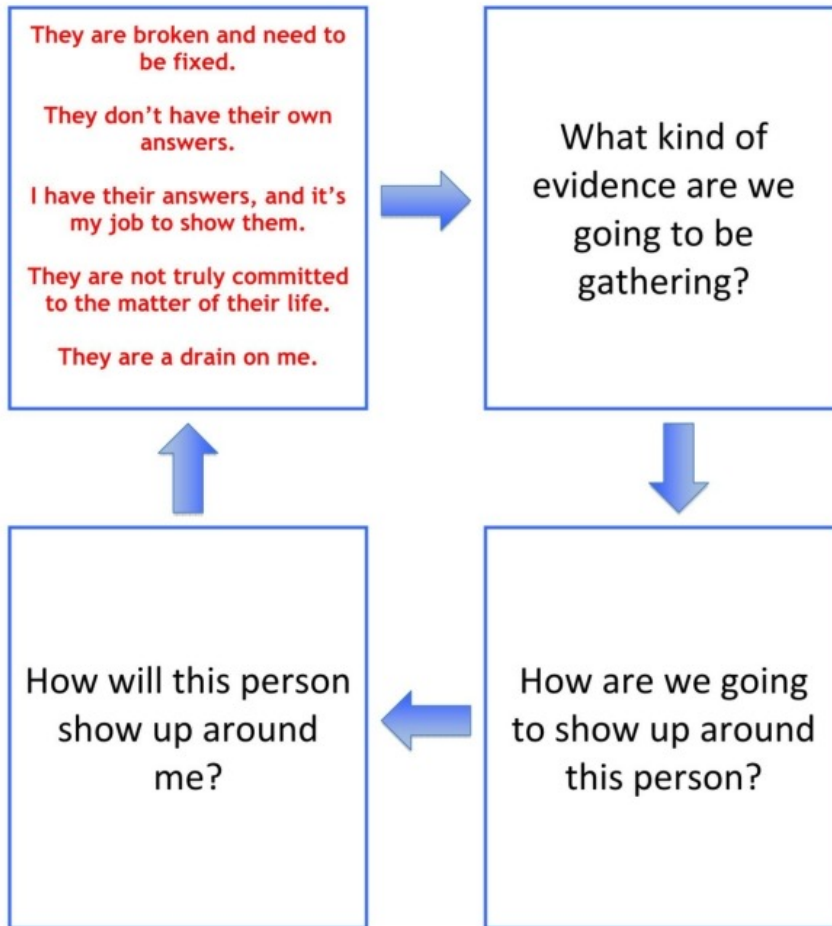
# The Green Lens



1. *This person is a hero, whole and complete.*
2. *This person has goals and dreams and a desire to make a difference.*
3. *This person has their own answers.*
4. *This person is contributing to me right now.*
5. *This person deserves to be treated with dignity and respect.*



# The 4 Boxes



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# The 4 Boxes

They are a hero, whole and complete.

They have their own answers.

They want to make a difference in life.

They are a contribution to me right now.

I interact with them in the way I want to be treated, with dignity and respect.

What kind of evidence are we going to be gathering?

How will this person show up around me?

How are we going to show up around this person?





# Which Lens?

**“We see the world not as *it* is, but as *we* are.”**

This quote has been attributed to the Talmud, Anais Nin,  
and more recently, Stephen Covey.

**I suspect it's ancient wisdom that just keeps cropping up in our  
consciousness because it's so true!**

Let's take a minute and look at how we're seeing the world, and those  
that share our journey. Who do we feel “drained” around?

How would that shift if we started to see them  
as being on their own journey, and not needing to be fixed?

Now, think of this same person or situation.

How can we see them or it as a contribution to you?

**How would you want to be seen –  
through the **red lens** or the **green lens**?**

This very important work helps us to become conscious of the conclusions we've gathered about those we share our journey with, and therefore become much more aware of how those conclusions affect our relationships. Pretty important any time of the year, but especially around the holidays, when we spend more time than usual with family and friends!

How do you want to see the world –  
through the **red lens**, or the **green lens**?

