

Parallel Learning Technology

Perception

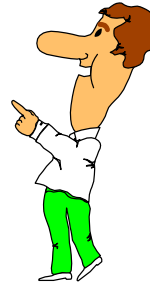
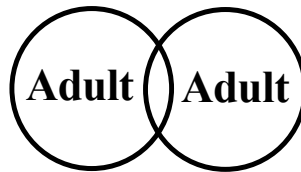
Perception is all about how we see ourselves in relationship to the people, places, and things around us.

By the time we reach adulthood, we are supposed to have passed through five perceptions of relationships:

- Childhood
- Adolescence
- Transitional Passage
- Adult/Independent
- Adult/Interdependent

If the culture we grew up in supported emotional maturity, we see ourselves **as equal** to other people.

Interdependent Adult



We are capable of becoming a “We” without losing our “I” (self-identity). We are able to bond with other people **as equal** through the mutual exchange of creativity, compassion, and support.

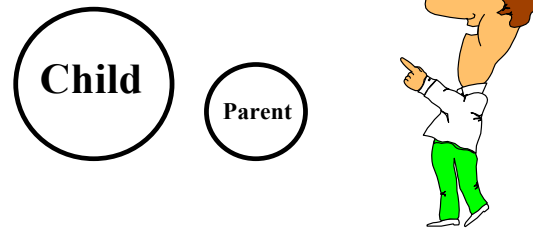
But many of us grew up in a culture that interrupted the process of growing up emotionally. This has left severe distortions in how we see ourselves in relationship to other people.

These distortions create what we call the “big circle” and “little circle” perception of relationships.

If the child/parent perception is active, I either see myself:

- In a “big circle” and I act superior to others
- In a “little circle” and I act inferior to others

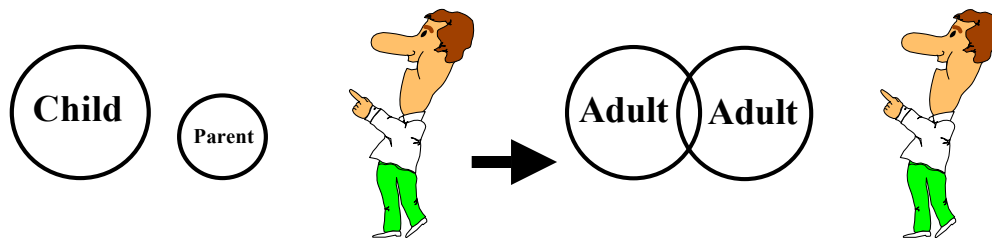
ADOLESCENCE



It is never too late to grow up and correct the distortions in our perception. Life is a choice. We stay stuck in the emotional turmoil of childhood and adolescence, or enjoy the freedom of equality.

Out of Balance

In Balance



(Excerpts: *Getting Connected*, Chapter 1 and
Practical Spirituality, Chapter 1)