

Red Lens/Green 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!

4 Boxes: We learned in our study of the 4 Boxes that we gather evidence (box 2) to support conclusions we’ve created (box 1), which cause us to show up in a certain way (box 3), which in turn causes others to show up around us in a certain way (box 4), thereby reinforcing our conclusion. It could be said that our conclusions create filters, or lenses, through which we see one another, and the world.... Hence, we see the world as *we* are, or as we believe it to be.

A conclusion we have a bunch of evidence for is called a Structure of Knowing.

Characterizations: A Structure of Knowing we have about a particular person, or group of people, is called a characterization.

In Red Lens/Green Lens, we’re identifying two distinctly different ways to see others, each way colored by different lenses. Essentially, we are filling our Box 1 with different conclusions that cause us to see others in a specific way, which then of course affects how we show up around them.

Green Lens

1. They are a hero, whole and complete.
2. They have their own answers.
3. They want to make a difference in life.
4. They are a contribution to me right now.
5. I interact with them in the way I want to be treated, with dignity and respect.

Red Lens

1. They are broken and need to be fixed.
2. They don’t have their own answers.
3. I have their answers, and it’s my job to show them.
4. They are not truly committed to the matter of their life.
5. They are a drain on me.

Filling in the 4 Boxes: What happens when we put these conclusions in to our Box 1?

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 capable, as being on their own journey, and not needing to be fixed? 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?