

# HANDOUT 16A Understanding Myself and Others



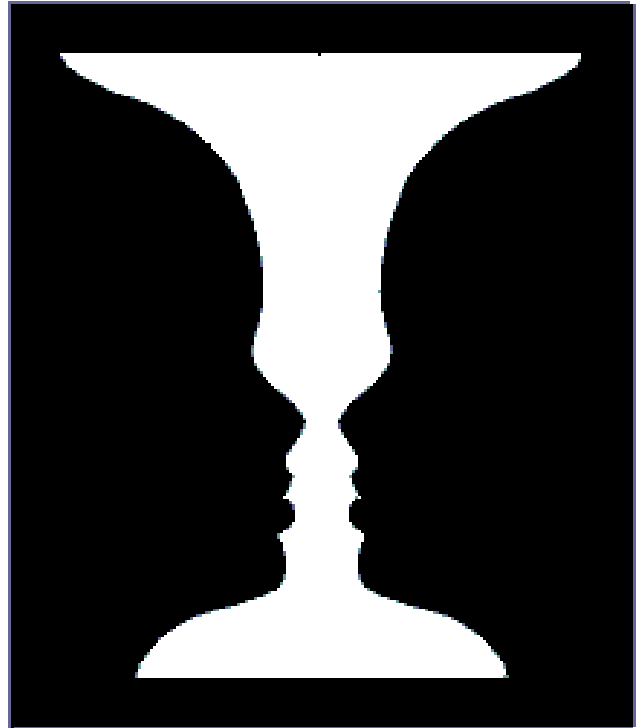
The aim of this activity is to explore your own and others' perceptions.

The better we understand our own perceptions, the more conscious we become of our personal prejudice, expectations, attitudes, and behaviour.

Describe what you see in the picture and share your opinions with the group.



*Perceptions image no. 1*



*Perceptions image no. 2*



*Perceptions image no. 3*