

The images (Vase, Lady and trees) create awareness of one's own and others' perceptions of the same image by discussing the different perceptions. This can help the participant to be more open to others' opinions, perceptions and ideas. The images can help the participants to put their own ideas thoughts in the 'background' and place the opinions and ideas of others in the 'foreground'. Doing so can help the participants train/learn to regulate impulses, be more open to other people, empathic.

In other words: be open to other people's ideas, views, and opinions. The facilitator or others might bring valuable ideas and perspectives up for discussion that you had not yet thought of.

The perceptions of people/ participants are often based on the conclusions formed in their own life experiences. These conclusions may often remain undisputed, as they have been shaped by the values, norms and experiences and, at times, by the people in the participants' immediate environment; such as family, school, and friends.

All people do not see the things in the same way, but we often assume that we are seeing or experiencing the same things. Working with perceptions can help create awareness about the different conclusions that people make in life, and thereby support the participants in seeing things from different perspectives.