Think about a recent interaction at work with a child, family member, or colleague. Write a brief description of the situation:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Use the ladder of inference to answer these questions:

**EXPERIENCE**
What was the observable data in this situation? What happened? (Note: Your answer to this question may be different from the description you wrote above.)
________________________________________________________________________________________

**NOTICE**
What did I pay attention to?
________________________________________________________________________________________

**BELIEVE**
What assumptions did I make at the time? What mental models came to mind for me? What other perspectives or mental models might exist?
________________________________________________________________________________________

**ACT**
Would I respond differently if I had a different mental model? If so, how?
________________________________________________________________________________________