**Boxes I Carry – Example 1**

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| **Self View**  **I’m not doing something right**  Am I moving fast enough *Not moving fast enough*  ***Am I doing enough? Not doing enough***  I’m not communicating well  I keep talking, but am I really getting anything done – not effective?  Overly sensitive  Fear I’m not communicating well  Fear that I’m saying too many words  Fear that I’m uninspiring  Fear that I’m not relevant  **Fear that I’m not valuable**  Fear that I’m not good enough  Fear that I’m irrelevant  Feel incapable  Feel like a failure  Feel like I’m not as good as other people | **Other View (Other People)**  **People always pick on me**  **Throwing stones at me**  Judging  Mean  Harsh  **Arrogant**  People disregard others’ feelings  Not fair  Wish you saw my motivations  Confident  Treating me the way they wouldn’t want to be treated  They’re right  Don’t get a fair shake  Questioning my ethics  Questioning whether I’m a good person |
| **Feelings**  Angry  **Defensive**  Condescended to  Judgmental – Give me a break  **Misunderstood**  Unwanted  **Picked on**  Disliked  Unconfident  Questioning myself  **Fear of Embarrassment**  Out of Control  Afraid people are not telling me the truth about how they see me  Not resourceful  Not resilience  **Fear of Failure**  **Questioning myself**  **Not strong enough to deal with life**  *Unlikeable?*  Insecure  Vulnerable  Uncomfortable  Doubt myself | **World View (The World is: )**  Judgmental  Rejecting  Gives no chance at redemption  People don’t like me **(Everyone)**  The world doesn’t understand me  People don’t see me clearly  Don’t see it as unfair  Day was tough but I learned something  Not a victim  Some people don’t see me clearly  I could loose my job – the world is *unsafe?* |

**Book: Leadership & Self Deception: Getting out of the Box – The Arbinger Institute**

**Other Boxes - Positive World View**

**When I am in interview mindset, I:**

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| **Self View**  **Confident**  Inspiring  Unique  **Capable**  **Strong**  Unique that translates across many situations and cultures  Authentic  Logical  Effective  In tune with the value of diversity  Able to deal with resistance from people  Inclusive  Naturally driven to challenge the status quo  Bring meaning to people work  Good leader  Give clear accountabilities  Neutral, unemotional  See what’s best for the company  Able to look through many lenses  Good communicator  Quick learner  Structured  Basis driven  Questioning assumptions  Insightful  Enjoy people  Business savvy  Love to lead  Valuable  Respectful | **Other View**  **Fair**  **Reasonable**  Not malicious  Respect them  Objective  Knowledgeable  Competent  Capable  A good judge of people  Speaking from experience  Logical  Make decisions based on good assumptions |
| **Feelings**  Confident in who I am  **Energized**  Inspirational  **Resourceful**  **Comfortable**  Comfortable with not knowing  Clear about it being ok that I don’t know  Reasonable with myself  Valuable  Strong  Articulate  Believe in myself  Able to overcome obstacles | **World View (The World Is: )**  **Fair**  **Rational**  **Fun**  **Lots of opportunities**  Good  Life is good  Lot so opportunities to learn  Objective  Failure is ok, it’s recoverable |