

10-SECOND PERCEPTION

Rescue Tool



Pause – Check – Clarify

The following tool helps you shift from reacting to understanding. When perception changes, behaviour changes. And when behaviour changes, outcomes change.

Use this tool any time you feel yourself slipping into assumption, frustration, or quick judgement. It takes seconds – and it can transform an entire interaction.

A simple 10-second rescue to avoid perception mistakes:



Pause

Take one breath. Notice the story you're beginning to tell yourself. This short interruption stops reactive behaviour in its tracks.



Check

Be curious, not furious. Ask yourself: "What else could be true?" This single question widens your angle of perception and prevents you from locking onto the first – and often incorrect – interpretation.



Clarify

Ask one curious, neutral question such as:

- "Can you help me understand what you meant by that?"
- "What's most important to you in this situation?"
- "Is there something I might be missing?"

Curiosity opens doors that assumptions close.



I hope you find this tool useful.

Dare to make a *difference* ! Any questions? Contact me today.

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