The Perception Box Process

PERCEPTION BOX™ TOOLS

The Perception Box Process is used to help us overcome the limiting beliefs holding us back, expand the possibilities of perception, and open ourselves up to new ways of seeing and being seen.

Step 1: Awareness
The first step in this process starts with awareness of the triggers that are lighting up our Perception Box. Awareness can feel overwhelming at first—like the walls are closing in!—but we have to see the walls before we can expand them.

Step 2: Space
Using techniques like Breathwork and Body Awareness, we begin to expand the walls of our Perception Box, inviting in enough space so we can investigate our triggers without our nervous system running the show.

Step 3: Curiosity
With our minds and bodies now calm, it's time to investigate the stories that built our Perception Box walls through a series of key questions that challenge our perceptions and introduce us to alternative points of view. Don't rush this! Curiosity is a contemplative guide.

Step 4: Compassionate Reframe
Now we're ready to tap into our empathy and intuition, embracing ways of seeing ourselves and others we may not have considered before. Here, we recognize we've all had hardship and pain—we're all in a Perception Box! When we reframe our stories about others and beliefs about ourselves, compassion naturally rises up—you don't have to work it, force it, or fake it.

Step 5: Commitment
We've come so far! Now that we've gained space, understanding, and compassion, we're in a position to take wise action—action that goes well beyond our personal needs and desires. By having gone inward, we can now move forward—committed to transforming our talents and passions into gifts that serve others.