



# Sacred Depths Certification

## Filters & Biases Resource Sheet

“ *Filters and biases can help you listen masterfully,  
or they can become a major obstacle to truly  
hearing what your client is saying.* ”

*You will never be able to fully hear what another person is saying, the layers beneath what they are saying, and the meaning behind their words, until you recognize that whenever you're listening to someone else, you come to the experience with all of your own filters and biases.*

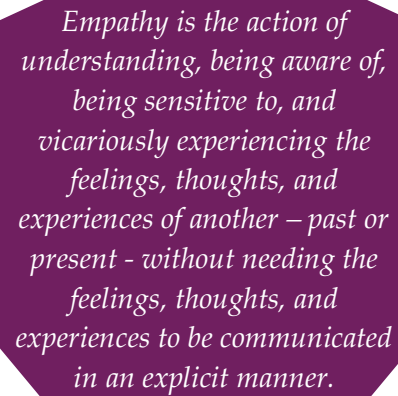
*Your filters and biases are part of any conversation and any learning experience you may have.*

### What are Filters and Biases?

- Filters and biases are the sum of all the beliefs, perspectives, and understanding we have about the world. They are based on past experiences and our background.
- Filters and biases are deeply imbedded inside us and unless we do the work to become aware of our filters then generally, we are not aware of them.
- It's not that filters are bad or prevent you from being an amazing listener. Your filters have the power to help you understand the layers beneath the layers.
- Filters are powerful but only if they are checked.
- Filters can help us listen more effectively IF we are aware of them, and not take them for granted, which allows them to slip into our subconscious.
- When we take our filters for granted, we get blocked in our listening. We start making assumptions and we stop hearing our clients and the important details they are sharing.
- When we aren't aware of our own filters and/or our clients' filters, we also run the risk of coaching the WHAT without basing it on the WHO
- This is ultimately about seeing your client with full clarity and not through the distortions of your filters.
- Unchecked filters lead to unchecked biases

## Becoming Aware of Filters

1. Do the Identifying Unproductive Listening Filters worksheet
2. Take note of client filters – how do they see the world?
3. Activate highest level of empathy
4. Find a similar filter as your client to create a connection point. But check in to make sure you are getting it right.



*Empathy is the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experiences of another – past or present - without needing the feelings, thoughts, and experiences to be communicated in an explicit manner.*

## Journaling

- Think of a time when a filter helped you listen and understand well.
- Consider a time when communication with another person where you had a filter that wasn't checked, and it blocked you from really hearing the other person?
- Take a look to see how unchecked filters have led to unchecked biases.