

Mental Models

Are deeply held internal images of how we perceive the world to work, assumptions, and stories that we carry in our head which limit us to familiar ways of thinking and acting. They cause us to react or behave in certain ways, sometimes they can block us from learning, keep us from being successful, and they can aid us in our growth.

When you are aware of your mental models, you open the door to understanding and possibilities for yourself and others. It can give the opportunity to communicate from a more respectful position, may help you see how your preconceived idea about a circumstance is blocking your ability to change, or it might give you the chance to help another person see how their mental models are keeping them stuck.

Examples of opposing mental models:

Anything is possible OR, it's not possible.
I "have to", OR, I "choose to", Or, I "should do".
My position is part of my role, OR, I am my position.

Some of your mental models may be blocking you or limiting your potential, or from a strength perspective, some may be working well for you and supporting your success!

Think about some of your mental models to see which ones are working for you and ones that you would like to change. To start, identify the issue, the problem, event, or opportunity for yourself.

Ask yourself the following questions:

- What's the recurring pattern or behaviour?
- What is the underlying mental model or thinking?
- How does it serve me?
- How does it block me?
- Where does this belief come from?
- Is it true? Or what else can be true?
- Am I willing to change it? Do I want to break the pattern?
- What would be a new mental model that serves me?
- What needs to change? How flexible am I willing to embrace the change?
- What have I learned from my own & others' perspectives?