

PERCEPTION MAP

3. What are you deleting / generalising / distorting?	2. What filters?		1. Your experience
4. What was your Perception?	7. How did you behave or act?	Filters Memories & Experiences Values Beliefs Decisions and Choices	
		Instincts and Habits Attitudes Expectations Hopes and Wichos	
5. What state did it put you in?	6. What physiology did you have?	Physiology	Behaviour