

Lens



- Lenses bend light, to make objects appear bigger or smaller than they really are. How much of the image is in focus depends on the type of lens being used.
- What lens do you see the world through? Sometimes we're very aware of our own perspective, at other times our lens may be unconscious, based on ideas we've absorbed over the years - but nobody is completely neutral, we all have a particular perspective on life.
- In what ways do your lenses affect your relationships with other people? Are you focused on the right thing? Do you sometimes make assumptions about how they might think or feel?
- How does your lens influence the way you see yourself? Do you ever see yourself in a better or worse light than you should, maybe because of stories and values you've learned from childhood?

'Life is like a camera, focus on what's important.'

Ziad Abdelnour

