

# Inclusion Contact: Blind Spots – Challenge Assumptions



Our brains are wired to make assumptions, which can sometimes be off base. We think it's an honest mistake; science calls it a blind spot.

Watch this video: [Blind Spots: Challenge Assumptions.](#)



*Video length – 2:19*

## Discussion

- What messages, if any, in the video surprised you?
- Experts say that we all have blind spots, which can lead to snap judgments. Have you ever found yourself “writing off” or rationalizing a snap judgment as an honest mistake? What lesson did you learn from this experience?
- In what types of situations do you find yourself allowing your brain to work on autopilot? How can you prevent this from happening?
- How can you identify when your unconscious mind is not aligned with your conscious beliefs?

Resource: <https://www.ceoaction.com/resources/videos/>