

Balancing Logic And Feelings

Our perceptions play a powerful role in the way we process and react to information. Perceptions are subjective, meaning we perceive things based on our own life experiences. There must be a balance between logic and emotions in order to clearly perceive a situation, challenge or issue. Both logic and feelings create our perceptions, so it is important to be in touch with both and how each interact with each other.

Use the Venn diagram below to learn how to perceive a situation using both logic and your feelings and emotions.

Under **Logic**, record your logic in reaction to the situation. Under **Feelings**, record how the situation makes you feel, and the emotions you need to be aware of in order to understand how the situation affects you. Under **Perceptions**, combine the two to create a balanced perception about the situation and how you are affected by the situation.

