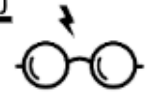


# TOOL BELT OF LEARNING {EMOTIONAL INTELLIGENCE + MENTAL WELL-BEING}



**Empathy +  
relationships**

## Ladder of Inference



**Keeping  
perspective**

**Purpose:** Build the habit of **NOT** climbing the Ladder of Inference.

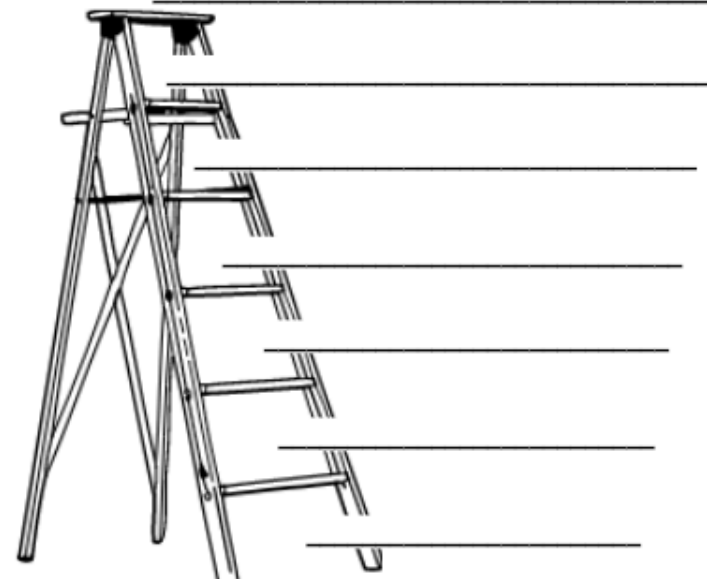
When we climb the Ladder of Inference, we

- 1) **assume** things that **most likely** are not true,
- 2) get our **feelings & mental well-being hurt** over these assumptions,
- 3) **act** on our assumptions, which **harms relationships** (and usually, further causes harm to our mental well-being).

LADDER OF INFERENCE

STUDENT EXAMPLE + ADVICE

**PRACTICE-** A time you typically climb the Ladder of Inference. Then, give yourself advice on how to **NOT** climb the Ladder.



The Ladder of Inference was first put forward by organizational psychologist Chris Argyris and used by Peter Senge in *The Fifth Discipline: The Art and Practice of the Learning Organization*.