



## November 2011 Monthly Bulletin

### *Seeing life from another angle*

# Can perception change your reality?

There's been a time or two when I've thought someone didn't like me. I thought I could tell by a subtle look that passed between the person and someone else. Or, something that was said led me to believe that we were not going to be friends. I've also felt that I was unjustly passed over for a promotion, believing I was qualified for the job.

Truth be told, I'm now friends with some of the people I thought didn't like me. Moreover, when I look back at the promotion, I truly wasn't as qualified as the person who did get the job.

Perception alters the way you see the world and how you read situations. Sometimes, it's best to question your own belief by:

- Getting someone else's unbiased feedback
- Asking yourself what else might be going on
- Letting some time pass to see if you learn or feel something different
- Questioning whether your past may be having an effect on your present

### Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!



Contact your EAP for 24/7 access  
for you and your eligible family members:

**1-888-825-3509**

**[www.HorizonCareLink.com](http://www.HorizonCareLink.com)**

**Username: firstdata**

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**Relationships make the world go round**