Your Unique Cultural Lens

Questions and a Hint to facilitate your exploration of Layer 2 — Expression:

- What do you know about the regions in which you have lived and key events shaping them?
- In what ways are their histories influencing you?
- What languages do you speak or understand a bit of? How did you learn them?
- What's your particular speaking style (including accents, phrases you use, etc.)?
- What kind of information does your first greeting convey?
- When you hear them, how do certain speaking styles make you feel? How do you react?
- What lessons are these regional/historical reflections evoking about who you are?

HINT: While this layer may seem to resemble Layer 1, its focus is on the spoken word, the way you communicate, how you perceive communication from others, and how others perceive you when they communicate with you. Also, please notice how the examples start with a focus on the spoken word in particular regions and then expand into reflections on views about historical context, diversity, race, culture, religion and more. I invite you to relax when exploring all your layers and let your exploration lead you to where it may. The creation of somewhat arbitrary distinctions amongst layers is just a construct to facilitate reflection. The layers overlap and tend to be, in reality, intertwined.

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