

# The Blind Spot Exercise

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## Instructions:

1. Print out the next page of this exercise, as many copies as you need for your group.
2. Cover your left eye with your left hand.
3. Hold the page in your right hand at arm's length - with the X on the left and the circle on the right.
4. As you stare at the X with your open right eye, slowly move the page straight towards your face.
5. About 30cm away from your face, the circle should disappear from your vision.
6. Reverse everything and try it again with the other eye.

## Explanation:

Why does the circle disappear?

Each of us has a blind spot in our field of vision. At the back of our eyes is the place where our optical nerves connect the eyes to the brain. There are no light receptors in this area, so we are literally blind in these spots.

Our blind spots are always in our field of vision, but we do not realize it because our brains take the vision from our two eyes and fill in the blank spots.

We do not "see" with our eyes. We "see" with our brains.

## Remember:

Everybody has blind spots - literally and figuratively. We have literal blind spots in our field of vision. There is always a small slice of the world we do not actually see. We simply fill in the blanks.

The same is figuratively true in our thinking processes. We do not always have all the information available. We filter our experiences through our assumptions and beliefs. We do not see the world as it actually is. We see the world as we think it is.

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