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### Broaden Your Perspective

I value chapter 3 with the perspective insight on how the writer broke down the pertinent concepts. He says on page 60 that all habits hinder thinking. The mine is a better habit, face-saving, resistance to change, conformity, stereotyping, and self-deception can become deeply ingrained and difficult to overcome. He says; nevertheless, they can all overcome with desire and effort. I have to say that this chapter is helping me to see how important it is to change the way we think about ourselves, not to mention that God has already started with his word.

When I was Growing up, I believed my father's lies that I would never do anything. The abuse became standard in our home. The words were loud and hurtful, but my silence became my roots. I believed every word my family would perceive me to be. I grow up bitter, not understanding how bound I was to their perspective about me. Every relationship I encountered led me to believe: this is me take it or leave it. I settled for less for many years and did not value myself.

I recently watched a video of a woman who became a writer by the name of Chimamanda Adichie. She speaks about the danger of a single story. I admired what she said, The single story creates stereotypes, and the problem is not that they are not real but that they are incomplete. She had to make changes in how people viewed her as an outsider and decided to be who she is today, the most inspiring writer.

