Ladder of Assumptions
Worksheet 1

Parts of the ladder	A situation at your LME board (or other organization)
1st (lowest) rung: Observable data– words and behavior	
2nd rung: Selecting data– what you pay attention to	
3rd rung: Label and interpret data	
4th rung: How the interpretation fits with your needs, values– Is it felt as positive or negative?	
5th (highest) rung: Your response– words and behavior	