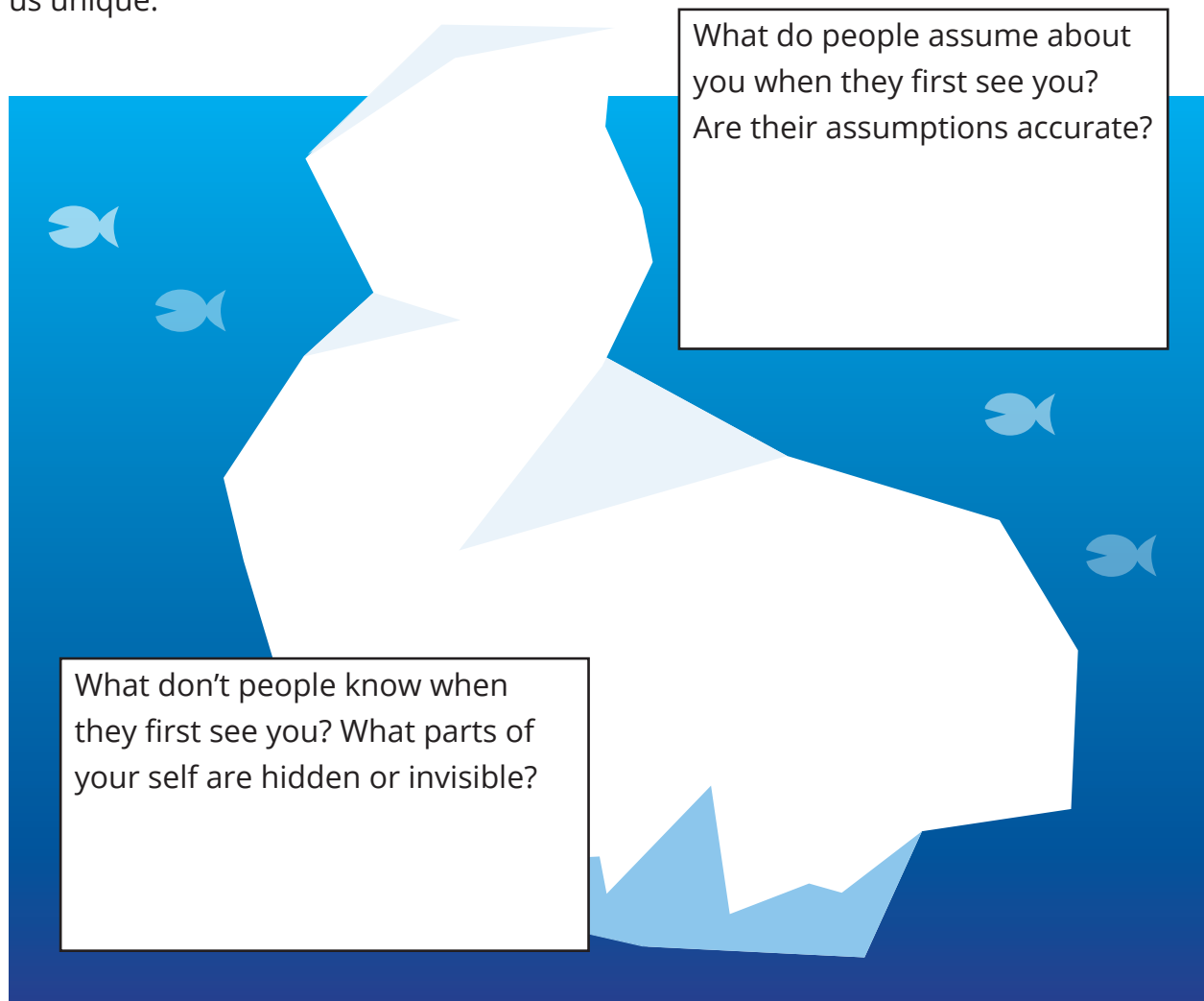


## Visualizing the Invisible

This image of an iceberg represents you and me: some parts of our selves are visible, but most parts are invisible or unknown. Only when we take the time to build trust with each other can we learn more about who we are and what makes us unique.



### Points for reflection and discussion:

1. What makes you feel comfortable and safe to tell people more about who you are and what makes you different? Think about the various environments and situations in your life where you interact with others.
2. What can you do to create a positive and comfortable environment for others to be fully themselves?