

EXPAND YOUR PERSPECTIVE

See things in a new way

Instructions:

Think of something you have a strong opinion about or a recent time when you disagreed with somebody on a certain topic.

What is the topic or the situation? _____

Thinking of that topic or situation, answer the following questions to help broaden your perspective and see things in new and different ways.

Questions to Help Gain Perspective

- Is the way I'm thinking helpful? Will it bring about positive change?
- What are some other points-of-view? How might the other person think or feel about this?
- If I look at the bigger/smaller picture, does my perspective change?
- What evidence do I have that what I'm thinking is really true? What is the evidence against it?
- Is my thinking *fact* or *opinion*? Is it a *want* or a *need*?
- Will this matter one year from now?
- What is the worst/best/most likely outcome here? If the worst did happen, how could I cope?
- Is there anything I can do about this right now? [If yes, take appropriate action. If no, accept and move on.]
- What would I tell a friend in this situation? [Perhaps follow this advice.]

Tips for Gaining Perspective

- Be curious. Keep an open mind. Broaden your perspective.
- Gain perspective from someone else's perspective.
- Listen. Understand. Question. Clarify.
- Respect differences and other's beliefs.
- Step outside your comfort zone and into the learning zone!