

Perspective Shift Exercise



Techniques to Overcome Limiting Thought Patterns



Why Perspective Matters

Sometimes, we get stuck seeing things from only one point of view. Unhelpful thinking habits can make our perspective:

- **Narrow**
- **Negative**
- **Biased**

Shifting your perspective helps you see the full picture, not just one angle.

What Happened?

Describe the situation:

Your Current Thought

What is your initial interpretation?

Spot the Thinking Trap

Which unhelpful thinking habit might be influencing you?

- Mind Reading

- Catastrophizing
 - All-or-Nothing Thinking
 - Personalization
 - Filtering
 - Overgeneralization
 - Other: _____
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Your Perspective

How are YOU seeing this situation?

Other Person's Perspective

If you step into their shoes...

What might THEY be thinking or feeling?

Neutral Observer Perspective

Imagine an outside observer with no bias.

What would they say?

What Might You Be Missing?

Ask yourself:

- Am I jumping to conclusions? Yes No
- Could there be another explanation? Yes No

- Am I seeing the full picture? Yes No

What might I be overlooking?

Shift Your Perspective

Write a more balanced and flexible thought:

New Perspective:

New Response

With this new perspective...

- **How do you feel?**

- **What would you do differently?**

Reflection

What changed when you looked at this differently?

There's always more than one way to see a situation. Flexibility in thinking leads to clarity and calm.

"Different view, different outcome."
