



1. Think about your current perspective and dig in to get very clear about what it is, why you feel so strongly about this perspective, what does it feel like in your body.
2. Consider other perspectives and really try them on by imagining these other perspectives are truly yours. Working with 3-5 perspectives is advised.
3. Perhaps talk to a friend or associate about these perspectives or write them out.
4. Now make a choice or choices. What perspective(s) do you want to own?
5. With your perspective(s) now chosen, how will you support yourself with holding onto this/these perspective(s)? Do you want to have a physical reminder? Have a friend hold you accountable in some way?
6. What do you think about being able to choose your perspective?
7. What do you feel you can gain by doing an exercise like this?
8. What do you think about triggers being our teachers?