

If your Thinking Self is puzzling over some of these ideas, that is OK. Let's do a couple of exercises to give you a taste of flexible perspective taking in action.

EXERCISE: Taking the Perspective of Another

Think of something that is currently worrying you, upsetting you or stressing you out. Really let your mind settle there for a minute or two and allow whatever thoughts and feelings arise to be there. Make a note below about anything that showed up in your mind and any feelings that arose as you allowed yourself to dwell for a moment on that issue.

Now, think of three people in your life who are important to you, and who you know care about you. They can be alive or dead, as long as they are important to you.

Imagine that the first of these people is sitting in the chair opposite you. Visualise them. Get a sense of their character and their energy. See if you can make it as rich as you can, a bit like super HD TV. You'll probably need to use your imagination to fill in any blanks and that's fine. Now go and sit in that chair and answer the questions in the Taking the Perspective of Another Worksheet **from that person's perspective**, making notes in the first column.

TAKING THE PERSPECTIVE OF ANOTHER WORKSHEET

	Name:	Name:	Name:
What do you have to say about the situation that is worrying (your name)? Is there anything they may have missed?			

<p>What would you suggest to (your name) to help them cope with the situation?</p>			
<p>What would you suggest that (your name) could do to take one small step towards a life that feels more fulfilling and meaningful?</p>			

When you are ready, move back to your original seat and imagine that the second person you thought of is sitting opposite you. As before, visualise them, and get a sense of their character and their energy. Now go and sit in that chair and answer the questions in the Taking the Perspective of Another Worksheet **from that person’s perspective**, making notes in the second column.

Finally, move back to your original seat one last time and imagine the third person. Again, visualise them; get

a sense of their character and their energy. Now go and sit in that chair and answer the questions in the Taking the Perspective of Another Worksheet **from that person's perspective**, making notes in the third column.

What was that like? Remember, we said in the Introduction that ACT is all about just learning to use skills that we already have a little more consciously and effectively. Most of us have, probably on many occasions, tried consciously to see the world through someone else's eyes, with the aim of gaining more understanding of what they are experiencing. Here you are doing something different – consciously trying to see the world through someone else's eyes to understand a little better what **you** are experiencing.

We are not proposing that this is the definitive answer to all situations where you find yourself stuck, or that the 'right' perspective will inevitably reveal itself (the idea of a 'right' perspective in itself is a risky one). We are just noting how helpful it can be to open oneself up to new perspectives and information when we find ourselves in difficult situations. Sometimes just shifting into a different perspective can reveal to you that the way forward is more straightforward than you think.