



A DIFFERENT PERSPECTIVE

LEARN HOW TO CHALLENGE YOUR
VIEWPOINT AND IDENTIFY NEW
PERSPECTIVES FOR A HAPPIER YOU.

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A DIFFERENT PERSPECTIVE

A note from your coach...

Having our own fixed habitual beliefs can sometimes lead to feelings of unease, worry, anxiety, and depression. By training ourselves to STOP and re-assess our own perceptions of ourselves and others around us, we are able to identify that often, our opinions are just that – opinions. This allows us to take a different and often more helpful viewpoint than just simply our own. Through repetition of this exercise, we are able to ‘unlearn’ habitual thinking and develop a more helpful and rational approach to how we may perceive future situations.

1. SITUATION

Where were you?

Who were you with?

What did you find troubling?

What happened?

e.g. With a friend and said hello to an old colleague I saw in the street and they ignored me.

2. HOW DID YOU FEEL?

What did you feel in the situation?

e.g. I felt sad and that hurt.

3. WHAT WERE YOUR THOUGHTS?

How did you interpret the event?

e.g. I thought that they obviously didn't want to speak to me. Perhaps they never liked me at work and just pretended. Maybe they thought I wasn't a very good member of staff.

4. ALTERNATIVE VIEWPOINT

What might be a different way of thinking about the situation?

e.g. It was a busy street and they might not have actually seen or heard me. I always worked hard and got on well with them at work and never upset them so there's no reason for them to dislike me. They may have been pre-occupied with something.

Begin by identifying and detailing the situation that took place and how it made you feel.

SITUATION

HOW DID YOU FEEL?

† ?G consider alternatives to your interpretation of the event, gain a different perspective.

WHAT WERE YOUR THOUGHTS?

ALTERNATIVE VIEWPOINT



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