#### **The Helicopter View**

When something is distressing us, we're so close to it, involved with it, part of it – it's really hard to stand back from what's happening. We see the close up view, but we can't see anything else. It's like the well-known saying: "We can't see the wood for the trees". If we could zoom out our view, like a helicopter hovering above, we'd be able to see the bigger picture. We could stand back, be less emotionally involved, and see a different perspective.



#### SELF

What am I reacting to? What does this situation mean to <u>me</u>?

### **OTHERS**

What would this look like to <u>others</u> involved?

## **STOPP!**

Take a Breath What's the bigger picture?

### OUTSIDER

How would this seem to someone outside the situation – not emotionally involved?

# WISE MIND

What would be the best thing to do – for me, for others, for this situation?

www.getselfhelp.co.uk/perspectives.htm