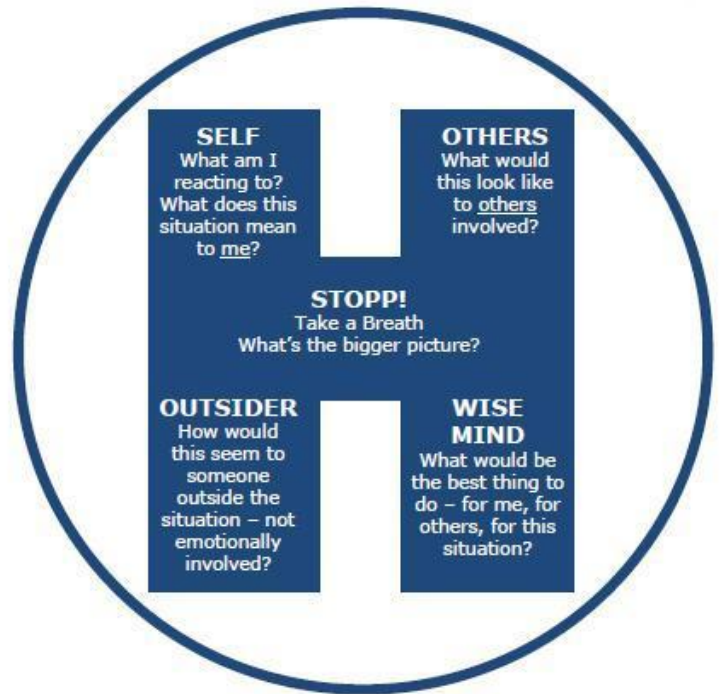


The Helicopter View

In any stressful situation, it's easy to get caught up in the emotion, which skews our view of things. Completing this worksheet will help you see a different perspective:



Situation

What happened? When? Who with? How?

SELF

What am I reacting to? What does this situation mean to, or say about, me?
What's the worst thing about thinking that, or about the situation?

OTHERS

What would this look like to others involved?
What meaning might they give this situation?
What might their thoughts & feelings be?

STOPP!

*Take a Breath.
What's the bigger picture?*

OUTSIDER

How would this seem to someone outside the situation, who's not emotionally involved?
What would someone else say? What would I say to others?

WISE MIND

Practise what works! What would be the best thing to do – for me, for others, for this situation? What will help most?