

Trading Places Worksheet

Seeing things from multiple perspectives can be especially useful when you disagree with someone and cannot move forward. While helpful in developing empathy, it may also provide an insight into the actions needed to resolve an issue and move on (Shapiro, 2020).

The Trading Places worksheet includes ten steps that can be used with individuals or groups to see things from another perspective:

1. Sit quietly, and breathe easily.
2. Ground yourself in the present moment by focusing on your breath.
3. Bring to mind a difficult or uncomfortable situation you are having with someone.
4. Write down *your* thoughts and feelings for a few minutes.
5. Afterward, return to the present moment:
 - Focus on your breathing.
 - Notice how you feel.
6. Write down the thoughts and feeling you think *the other person* may have for a few minutes.
 - What do they think?
 - Notice how you feel.
7. Afterward, return to the present moment:
 - Focus on your breathing.
 - Notice how you feel.
8. Imagine a person with great wisdom (real or imagined) and feel their support, compassion, and consider their guidance.
9. Write down the thoughts and feelings you think the *wise person* may have about the situation from their perspective for a few minutes.
 - Focus on your breathing.
 - Notice how you feel.
10. Recognize the wisdom and the insight it offers to the situation.

The ability to shift perspective is always available to you and can offer valuable input into the feelings you have been unable to resolve.

References

- Shapiro, S. L. (2020). *Rewire your mind: Discover the science + practice of mindfulness*. London: Aster.