



## Perceptual Positions

In order to get a complete picture of any situation it is most effective to view the widest perspective possible. In our daily lives though we usually only get one perspective though, our own. While we can work on making sure that we see the truest picture possible from this angle it's still an incomplete picture. By viewing a particular situation from multiple perspectives we can gather the most complete view as well as valuable information and realizations that we might not normally get.

Identify a situation you'd like to get a more complete perspective about. Perhaps there's a relationship that's not working the way you want, an opinion or judgment of you or someone else you'd like to understand, a situation at home or work that needs fresh incite or something else similar.

Take a moment and allow yourself to mentally arrive in this situation so that you can feel it fully. Begin by observing the circumstances from your own perspective.

Looking out of your own eyes ask yourself these questions: What do you notice about yourself? What do you notice about the others involved? What do you notice about the situation or interaction?

Now slowly imagine that you can slide your consciousness out of your own body and into the eyes of another person involved in this situation. Once you have landed in this other perspective ask yourself those same questions again and answer honestly from what this other person sees. What do you notice about yourself (viewed from this person's perspective)? What do you notice about this person from their perspective? What do you notice about the interaction? Also ask yourself what is different when looking at the situation from this perspective.

When you've completed that perspective allow your consciousness to slide out again and look as if you were a fly on the wall observing the interaction from a neutral and non-involved position. Repeat the same questions and notice what is different. See yourself, the other person, the interaction as a whole and notice what you see differently from here.

Now move your consciousness to a position that allows you to see this circumstance through time including past, present and future. What do you notice about all involved from this perspective?

Finally, move your consciousness into the space in-between the interaction. See if you can imagine yourself becoming the interaction itself. What do you notice about the circumstances and those involved from here?

When you are done allow your consciousness to reintegrate with your own body and come back to the present moment. What did you discover? What can you do differently with this information? How does this change your view of yourself, those involved and how you can change the situation?

Take what you've discovered and formulate a plan of action to accomplish your desired results.

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