



Perspective Shifting: What Else is Also True?

<u>CIRCUMSTANCE</u>	<u>PERSPECTIVE</u>
<p>My boss is:</p>	<ol style="list-style-type: none"> 1) <u>My automatic perspective:</u> 2) <u>What else is true?</u> 3) <u>What else is also true?</u>
<p>Being single is/Being married is/Being in a committed relationship is:</p>	<ol style="list-style-type: none"> 1) <u>My automatic perspective:</u> 2) <u>What else is true?</u> 3) <u>What else is also true?</u>
<p>This economy is:</p>	<ol style="list-style-type: none"> 1) <u>My automatic perspective:</u> 2) <u>What else is true?</u> 3) <u>What else is also true?</u>

<p>My job is/Looking for a job is:</p>	<p>1) <u>My automatic perspective:</u></p> <p>2) <u>What else is true?</u></p> <p>3) <u>What else is also true?</u></p>
<p>Asking for money is:</p>	<p>1) <u>My automatic perspective:</u></p> <p>2) <u>What else is true?</u></p> <p>3) <u>What else is also true?</u></p>
<p>Managing work and a family is:</p>	<p>1) <u>My automatic perspective:</u></p> <p>2) <u>What else is true?</u></p> <p>3) <u>What else is also true?</u></p>

<p>Delegating is:</p>	<p>1) <u>My automatic perspective:</u></p> <p>2) <u>What else is true?</u></p> <p>3) <u>What else is also true?</u></p>
<p>Public speaking is:</p>	<p>1) <u>My automatic perspective:</u></p> <p>2) <u>What else is true?</u></p> <p>3) <u>What else is also true?</u></p>
<p>Meetings are:</p>	<p>1) <u>My automatic perspective:</u></p> <p>2) <u>What else is true?</u></p> <p>3) <u>What else is also true?</u></p>