

Building Resilience

Instructions:

Stepping into Someone Else's Shoes Exercise

Another way of challenging your perspective on a situation is to 'view it through the eyes of someone else' or by 'stepping into someone else's shoes'.

By seeing other perspectives, we are able to challenge our own thinking patterns and reframe the situation, which can alter how we feel and how we respond through providing new options generated from different thinking patterns.

By practising this exercise on a regular basis you will be able to develop a habit of 360° thinking when faced with challenging situations.

Your eyes should remain closed throughout this activity, so you may need someone to facilitate the exercise for you until you are comfortable with the steps, or read through the instructions first to remember the steps yourself.

Step 1: Find a quiet place where you can be alone for at least 10 minutes. Close your eyes and think of a situation where you had an argument or disagreement with someone. Visualize, in as much detail as possible, what happened at the time. Try to relive the situation in your head now, remembering what you thought, how you felt and how you acted.

Step 2: Count backwards from 10 to 1.

Step 3: Go back to the same situation again, but this time put yourself in the head and body of the other person. Imagine looking at you from the position of the other person. As the other person ask yourself what am I thinking? What emotions am I feeling? What am I doing?

Step 4: Count backwards from 10 to 1.

Step 5: Now relive the situation for a third time, but this time you are watching the viewpoint of a neutral observer. Observe carefully how both you and the other person are behaving. As the observer ask yourself what am I hearing? What are you saying? How is the other person responding? What are you doing with your body language? How about the other person? How effectively are you managing your emotions?

Step 6: Count backwards from 10 to 1.

Step 7: Now open your eyes and write down the answers to the following questions:

- What have you learnt from this activity?
- What do you understand better about the other person now?
- What do you understand better about yourself now?
- What can you do to deal with the situation?
- If the situation were to happen again, what would you do differently?