

The Helicopter View

When something is distressing us, we're so close to it, involved with it, part of it – it's really hard to stand back from what's happening. We see the close up view, but we can't see anything else. It's like the well-known saying: "We can't see the wood for the trees". If we could zoom out our view, like a helicopter hovering above, we'd be able to see the bigger picture. We could stand back, be less emotionally involved, and see a different perspective.



SELF

What am I
reacting to?
What does this
situation mean
to me?

OTHERS

What would
this look like
to others
involved?

STOPP!

Take a Breath
What's the bigger picture?

OUTSIDER

How would
this seem to
someone
outside the
situation – not
emotionally
involved?

WISE MIND

What would be
the best thing to
do – for me, for
others, for this
situation?