The Helicopter View

In any stressful situation, it’s easy to get caught up in the emotion, which skews our view of things. Completing this worksheet will help you see a different perspective:

**Situation**
What happened? When? Who with? How?

**SELF**
What am I reacting to? What does this situation mean to, or say about, me? What’s the worst thing about thinking that, or about the situation?

**OTHERS**
What would this look like to others involved? What meaning might they give this situation? What might their thoughts & feelings be?

**OUTSIDER**
How would this seem to someone outside the situation, who’s not emotionally involved? What would someone else say? What would I say to others?

**WISE MIND**
Practise what works! What would be the best thing to do – for me, for others, for this situation? What will help most?

**STOPP!**
Take a Breath. What’s the bigger picture?