

Perspective

Exercises for shifting how you interpret your experience

Our interpretations shape our experience just as much as the events themselves. These exercises don't ask you to think positively — they ask you to think more accurately, and more usefully.

Exercise 1

The "What Am I Making This Mean?" Journal

Choose three situations from your past week that triggered strong emotions or reactions. For each one, work through the four steps below.

Three questions to guide your interpretation:

- What am I making this mean?
- What else could it mean?
- What meaning would be most useful?

Example:

Factual event: My friend didn't respond to my text for two days. Initial interpretation: "They're mad at me." Alternatives: overwhelmed with work / phone issues / I lose track of texts too. Most useful: assuming they're busy preserves the friendship while I wait.

Situation 1

Factual event (just what a camera would capture):

What I made this mean:

At least three alternative meanings:

The most useful perspective going forward:

Situation 2

Factual event (just what a camera would capture):

What I made this mean:

At least three alternative meanings:

The most useful perspective going forward:

Situation 3

Factual event (just what a camera would capture):

What I made this mean:

At least three alternative meanings:

The most useful perspective going forward:

Exercise 2

The Three P's Check-In

Bring to mind a scenario that has been upsetting or worrying you this week. Look at it through the lens of Permanent, Personal, and Pervasive — three patterns that amplify suffering when left unexamined.

The situation I'm examining:

Permanent	Personal	Pervasive
<i>Am I seeing this as unchangeable?</i>	<i>Am I taking this too personally?</i>	<i>Is this coloring my entire view of life?</i>

After looking through all three lenses, what shifts?

One small reframe I can carry with me:

For worksheets and additional exercises, visit oneyoufeed.net/resources