

## Attuning to your own perspective

**Instructions:** Consider one challenging situation you are currently experiencing in your life, and take time to think through each element of the Perspectrum in relation to that challenge to identify your perspective.

**Describe the challenging situation.**

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## THE PERSPECTRUM

A tool to help us understand the **SPECTRUM** of things that make up the **PERSPECTIVE** of ourselves and others

<p><b>PROBLEMS</b> <i>What is the problem(s) for you?</i></p>	
<p><b>THOUGHTS</b> <i>What does this situation make you think about yourself or others?</i></p>	
<p><b>FEELINGS</b> <i>What feelings and emotions stir in you?</i></p>	
<p><b>VALUES</b> <i>What value(s) does this situation touch on or compromise?</i></p>	
<p><b>NEEDS</b> <i>What are you needing in order to resolve this issue, or repair the relationship?</i></p>	

## What holds you back from being genuine?

Develop deeper self-awareness by identifying fears and anxieties that keep you from being genuine.

**Instructions:** Complete **Steps 1-4** to identify fears, how they impact your genuineness, and what you need to take the risk to be more genuine in your relationships.

### STEP 1 Self reflect on the question: What holds you back from being vulnerable and honest with the people in your life?

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### STEP 2 Based on your self reflection in Step 1, complete the following sentences with statements that feel true to you (what is your inner voice telling you):

1 If I tell \_\_\_\_\_ the truth about \_\_\_\_\_  
**this person** **this problem/issue**  
they might respond...

2 If I show \_\_\_\_\_ in front of \_\_\_\_\_  
**this emotion** **this person**  
they will...

3 If I ask \_\_\_\_\_ for what I truly want and need, they  
**this person**  
might...

**STEP 3** Self reflect on the following questions:

- Based on Step 1 and Step 2, what themes are you noticing (anxieties, self-judgement, or fears that stand out) In these scenarios, what is at the root of your fear?
- What past experiences can you think of that have contributed to instilling this fear?

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**STEP 4** Self reflect on the following questions: What would help me chose to step into the fear? What values are motivating me to take a risk and share my truth?

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