

# Habits of Thinking

a routine or behavior repeated regularly  
that tends to occur subconsciously

## 3 Perspective Hacks: A Cheat Sheet For Living in Reality (The Real One), Jeffrey Friend

Taking on a different perspective isn't about trying to convince yourself to think differently. It's not a forced way of thinking and seeing things. It's also not an "ideal world" way of thinking.

Taking on a different perspective is a very real practice, and a very effective one when you get the hang of it. The key is taking yourself, and your own thoughts, completely out of the equation.

### First Perspective Hack: Make Yourself Disappear.

Once you are no longer present (as a presence and a way of thinking), you can begin to put yourself in other people's shoes in a very authentic way. Basically you just stop thinking altogether and turn your focus onto something more productive, like Hack #2.

### Second Perspective Hack: Play The "What if?" Game.

Have you ever played the *What if?* game with your friends? What if you had a million dollars, what would you do with it? What if you were a movie star, what would that be like? What if you were the opposite sex? You get the picture.

In this version of the game you ask yourself a "What if?" question that is the opposite of what your initial thought is (because our initial thought is most likely **not** a "give them the benefit of the doubt" one).

More often than not, our first thought about the way someone is being isn't accurate. That's why the *What if?* game is so effective. It gives us a chance to be fair to the other person, or the situation, and allow there to be a different reason than the one we made up in our minds.

A practitioner in habits of systems thinking...

## CHANGES PERSPECTIVES TO INCREASE UNDERSTANDING

[waterscenterst.org](http://waterscenterst.org)

Next time something negative happens, give the *What if?* game a try. How someone is being in a given moment is no indication as to who that person **truly is**. We've all had moments we weren't proud of, and it would have been great if people treated us kindly, even when we weren't so kind to them, right?

### Third Perspective Hack: Ask For Their Intention, Rather Than Assuming What It Is.

Countless times I have saved relationships that could have gone sour, avoided confrontations (even fist fights) by **being direct** and asking what someone's intention was versus assuming what it was.

At first this takes courage. It also takes finesse. Remember that it's all about how **you** are being when you ask. If you're being defensive, assumptive, or blaming it's not going to go well at all for you. It's all about coming from an open, honest, and non-threatening place when you ask what their intention was with what they said or did.

*You're the only one who can allow, or not allow, someone to affect your day.*

Once you can master this process, you can transform your world and the world around you. You no longer have to be triggered and get upset. You no longer have to have judgments rule your decision-making, relationships and overall happiness. You can be free to be you, and to allow others to be them.

