

Shifting Perceptual Positions

Perceptual Level	Description	Example
Personal “I” perspective	This is the perspective we normally use on a daily basis. This is the story we tell ourselves about the situation. It includes our feelings and projections	“That was really unfair. I didn’t deserve that.”
The “other” perspective	This involves imagining how another person perceives the situation. It requires a level of responding, because it involves letting go of our personal projections about the situation.	“I wonder what is going on for her that led to this reaction.”
An “outsider, observer” perspective	What would someone who you respect who is outside of this situation say? A question that helps one arrive here is, “What would my mentor say?”	“I can see how my own patterns are playing into the dynamic here.”
A “system-wide” perspective	This involves considering how we would be considered accountable by an organization or community. It involves considering how historical patterns influence perception and it includes large-scale consideration of societal development, humanity as a whole, and/or the influence of spirit. A question that characterizes this position is, “How will this be viewed 10, 50, or 100 years from now?”	“In the grand scheme of things, what’s really important is that a resolution is found so that the larger goal we’re working toward can be achieved.”

Personal “I” perspective	
The “other” perspective	
An “outsider, observer” perspective	
A “system-wide” perspective	