

### Step Back for the Whole Picture: Part 1

Illustrate a visual perspective about the stressful part of situation

*My stressful situation looks like this close up (like a camera zooming in for a close-up)*

My main THOUGHT is: \_\_\_\_\_

My main FEELING is: \_\_\_\_\_

Circle Your Answers

1) My thoughts are a stream of words in my mind      TRUE      FALSE

2) My feelings are a passing sensation in my body      TRUE      FALSE

\*\*\*\*\*

Answers: 1) True; 2) True

When we mentally *zoom-in* we lose perspective.

Focusing too intensely on one stressful aspect of a situation disproportionately enlarges the stressful situation. This quickly elicits a fear response as we become helpless, overwhelmed and anxious.

Mentally *zooming-in* can be helpful to identify a problem but is equally unhelpful at identifying a solution.

### Step Back for the Whole Picture: Part 2

Illustrate a visual perspective of the same situation as a part of the bigger picture.

*My stressful situation looks like this from a distance (zoom-out to show perspective)  
Be sure to include other factors present (seen or unseen) during this situation*



My main THOUGHT is: \_\_\_\_\_

My main FEELING is: \_\_\_\_\_

When we choose to take a deep breath and mentally *zoom-out* we gain perspective, providing more accurate information to identify a solution.

Acknowledging that we are part of a bigger picture provides safety and security which decreases our anxiety.

\*\*\*\*\*

**A**cknowledge (Be aware and acknowledge stress)

**B**reathe (Consciously take a deep breath)

**C**hoose (To change my perspective)

Adopt the following statement to replace unproductive thoughts about situations out of your control.

***It Is What It Is***

*I do not judge and I will not try to change my reaction now*