



Put yourself in someone else's shoes

Flexible thinking means being able to come up with different ways of looking at the same situation to reduce the intensity of an emotion.

Being skilled at flexible thinking means seeing things from someone else's perspective or putting yourself in their shoes.

Why does flexible thinking help us get a handle on feelings? Because how we interpret a situation influences how we feel. And vice versa.

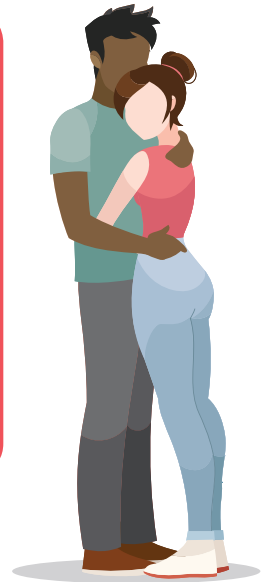
PRACTICE PUTTING YOURSELF IN SOMEONE ELSE'S SHOES.

Look at the scene and come up with 4 different stories that answer these questions:

What's happening in this picture?

What might the people be thinking?

How might the people be feeling?



Ask yourself if the story your mind is telling you is:

- The most helpful?
- Something a person we admire would use?

