

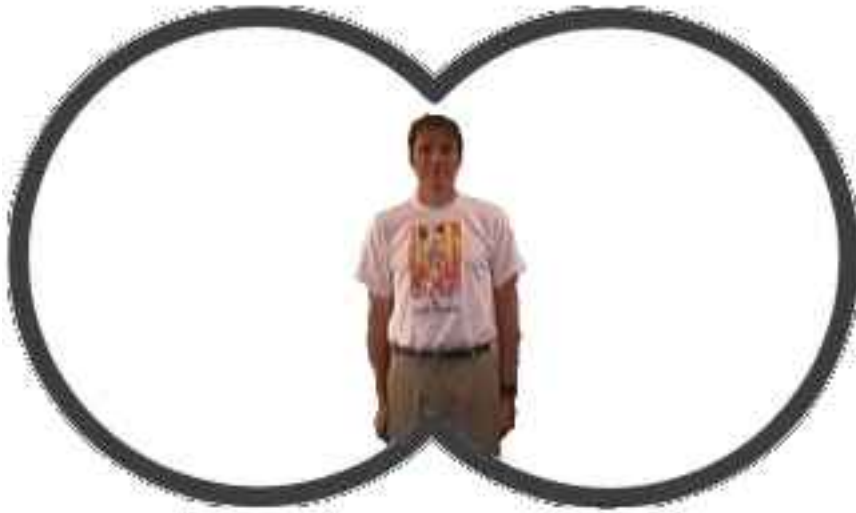
Perceptual Positions Exercise

1. Think about a relationship that you have with someone you consider a mentor or ‘sponsor’.



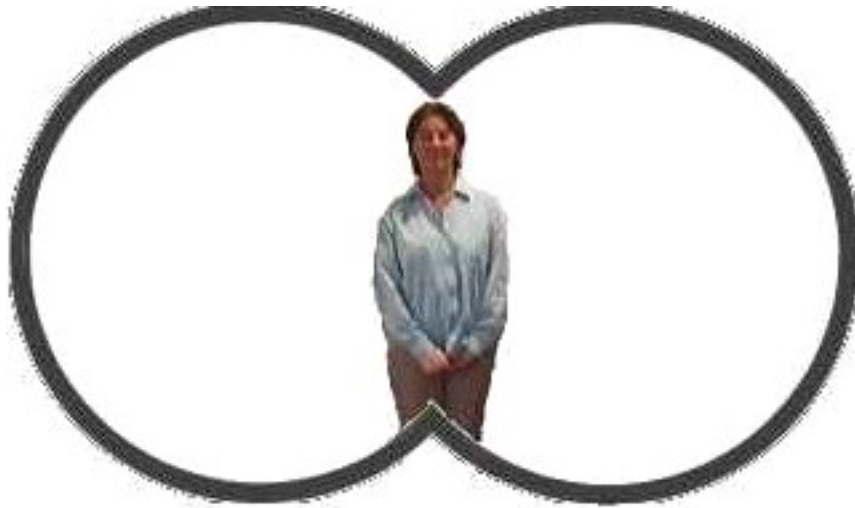
Self Other Person

2. Put yourself fully into 1st position by imagining that the other person is here right now and that you are looking at him or her. Describe the other person and your feelings about the other person using first person language.



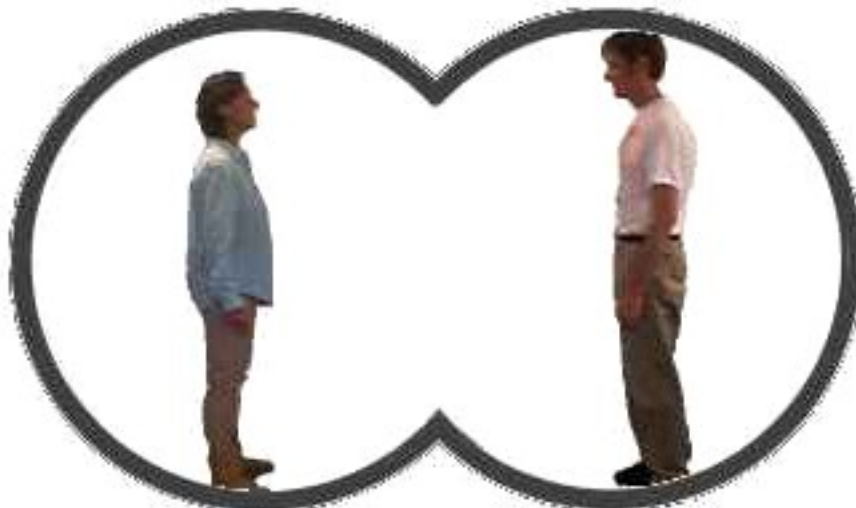
First Position Perspective

3. Now imagine you are “in the other person’s shoes” looking at your self in 1st position. Assume the perspective, beliefs and assumptions of the other person as if you were that person for moment. From this perspective describe the you that is in 1st position and your feelings about that person using second person language when you refer to the 1st position you.



Second Position Perspective

4. Now view the relationship between yourself and the other person as if you were watching a movie of both of you interacting. Keep in mind what you have experienced about the perspective, beliefs, assumptions and feelings of both yourself and the other person.

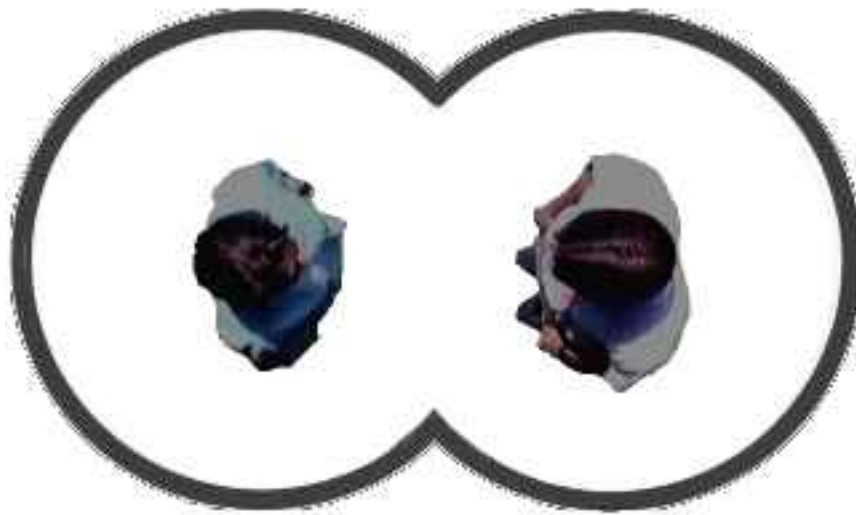


Third Position Perspective

5. Staying in this point of view focus only on what you know about the beliefs and assumptions of only your first position perspective.
6. Stay in this 3rd position point of view, but view it as if you did not know either of the people in the “movie.”
7. Explore the following two other perspectives and notice how they influence your experience of the relationship.



Over the Shoulder View



“Helicopter” View