



Tunnel Vision Practice: Understanding Different Perspectives

Too often you allow our frustration, anger and emotions to interfere with your ability to see an alternative perspective. From this place you make assumptions, perhaps based on past experiences, that contribute to whatever story you hold about something or someone. You then act from those assumptions as if they were fact. This process blocks you from seeing something that you may be blind to because of your emotions and your assumptions. The result of your actions then reinforces your world-view and this becomes a cycle that generates conflict and does not contribute to your desired results.

Do these practices in order to begin to see alternatives to the story you have created:

1. Pause, Breathe, Center, Respond – in the three seconds it takes for this practice, you can take stock, get control of emotions and center yourself to engage in the next part of the practice.
 - a. Pause – just stop – doing, talking, walking, fighting, stop!
 - b. Breathe – a three second yoga breath where you breathe deeply into the belly, hold it for one second, exhale fully and completely out
 - c. Center – Ask yourself – what is it that I want as an outcome here and what action is best at this time
 - d. Respond – from that centered and purposeful place, then respond and engage with the person or situation
2. Tunnel Vision Practice: each time you are triggered, remember the paper towel roll. When you look through a paper towel roll, you can only see what is in the tunnel; you cannot see what is outside of the tunnel. When you are emotionally triggered, your practice is to ask – what do I see, what do I not see, what does the other see, what does the other not see – as a way to understand others, not judge, and to move away from polarities and the stories it supports.