

# Perspective Taking — Finding Your Flexible Self

Created in collaboration with licensed clinical psychologist, Dr. Diana Hill

It's easy to get stuck seeing yourself through a narrow lens—especially when you're overwhelmed, stressed, or self-critical. But there's a wiser, more compassionate part of you always available—one who can take a step back, hold a wider view, and take a flexible, expansive perspective.

Perspective taking in ACT helps you connect with this broader version of yourself. This flexible self can see many angles in a situation, get behind the eyes of another, and transcends the narratives about who you are and who you are not.

**ACT Definition:** **Perspective taking** is the ability to step outside of fixed narratives and self-stories and observe yourself and others from a more expansive viewpoint. It's like zooming out to see your whole story—not just today's page. From this place, you can respond to challenges with more clarity, compassion, and wisdom.

## Examples Of Perspective Taking:



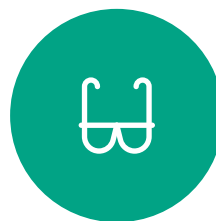
### Seeing

yourself through the eyes of someone who loves you



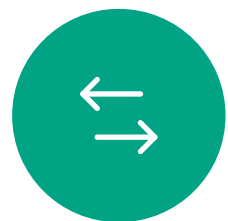
### Asking

“What would my future self want me to do right now?”



### Imagining

what a wise elder, spiritual guide, or mentor might say



### Shifting

from “I am this problem” to “I have this problem”

## Journal Practice:

Use your Insight Timer Journal to reflect on the following:

1. Think about something difficult you're going through.
2. What would you tell a good friend if they were going through the same thing?
3. If you were to meet yourself 10 years down the road, what would your older self say?
4. There is a wise, grounded part of you that knows the next right step. What does that part say?

## Insight Timer Practice:



[Self-Compassion With ACT Perspective Taking Visualization](#)



[Mindful Loving Awareness](#)

## ACT Daily Practice:

Choose a challenge you're facing today. Before reacting, pause and ask:

1. "What would my wisest self want me to do?"
2. "What would I want to remember a year from now?"
3. "What advice would I give to someone else in this situation?"

Remember: I can hold my experience with perspective and kindness.