

Exploring Another Viewpoint

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



We all have different viewpoints on various topics and issues that are formed for a variety of reasons but that are largely dependent upon our personality, our past experiences, and our conditioning.

We often unconsciously assume that the way we view the world is representative of the 'truth' and yet we are the holders of only just one perspective.

Consciously taking the time to consider another viewpoint that is in contradiction with our own is a powerful practice that helps us to better understand the beliefs of another.

It is not an exercise designed to change our own views and opinions (though it can). It is simply a way of seeing where we might find greater understanding and compassion for the perspective of someone else.

PRACTICE:

1. Take a moment to choose a viewpoint you would like to adopt for five minutes. Whatever viewpoint you choose, you are invited to wholeheartedly imagine that you believe in the stories and perspective of reality that someone of this viewpoint holds.

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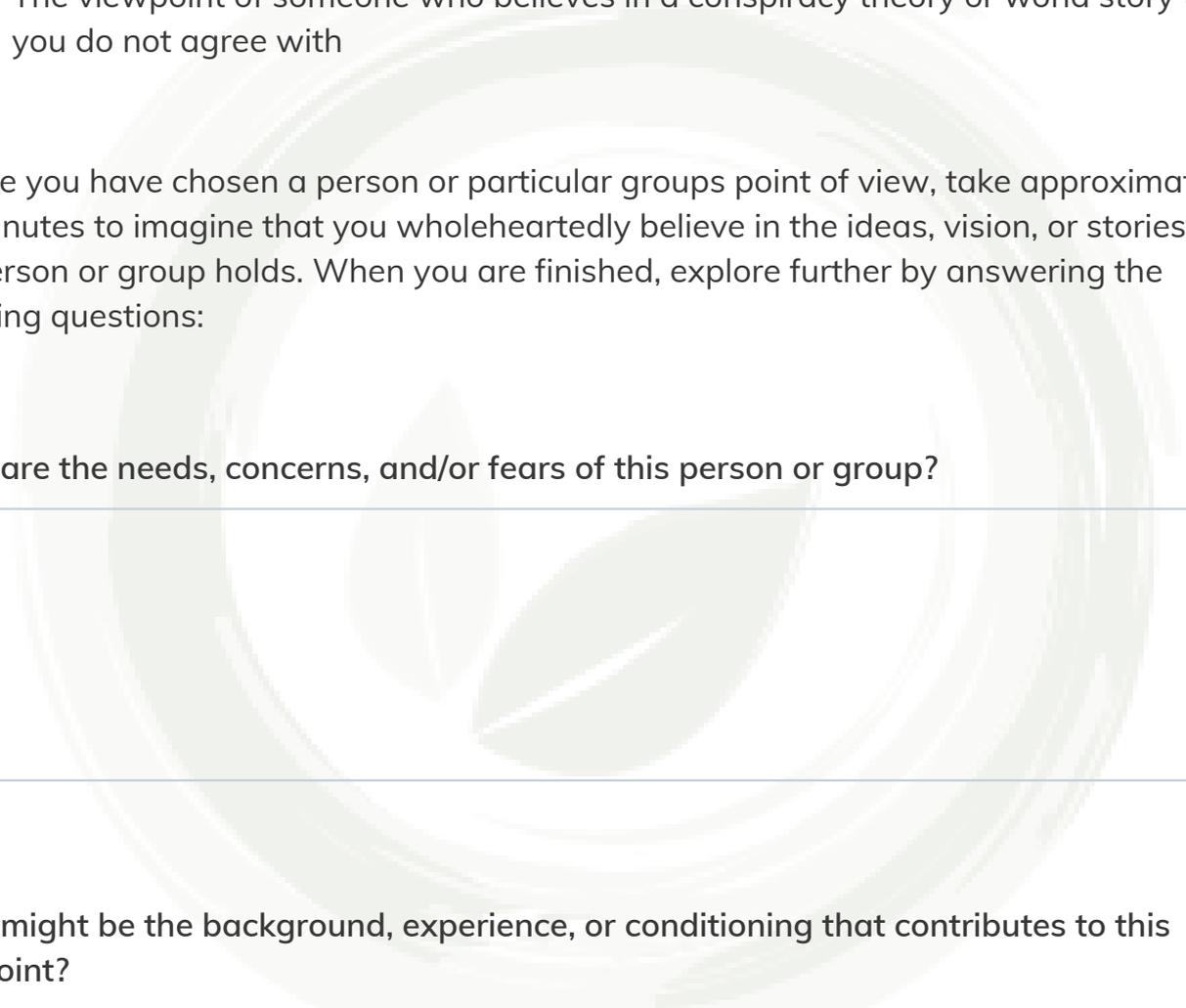
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Some examples of views you might consider include (but are not limited to):

- The viewpoint of a political party that is not the one you believe in
- The viewpoint of someone who stands on the other side of the debate surrounding an issue that is important to you
- The viewpoint of a religious or spiritual figure whose views contradict your own
- The mindset of another culture that is different from the one you are a part of
- The viewpoint of someone who believes in a conspiracy theory or world story that you do not agree with

2. Once you have chosen a person or particular groups point of view, take approximately five minutes to imagine that you wholeheartedly believe in the ideas, vision, or stories that this person or group holds. When you are finished, explore further by answering the following questions:

What are the needs, concerns, and/or fears of this person or group?

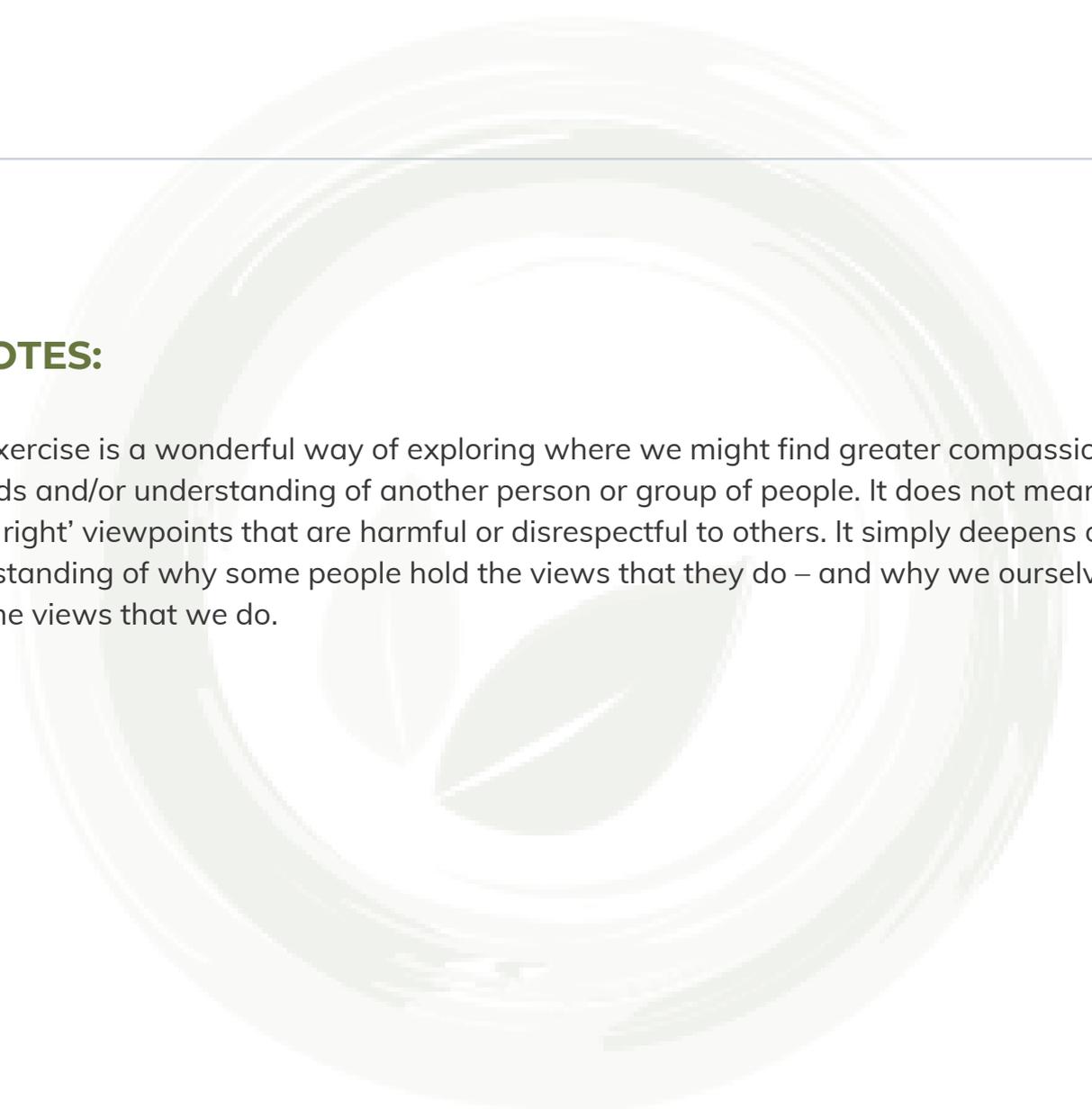


What might be the background, experience, or conditioning that contributes to this viewpoint?

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What background, experience, or conditioning contributes to your own beliefs and views?



NOTES:

This exercise is a wonderful way of exploring where we might find greater compassion towards and/or understanding of another person or group of people. It does not mean we 'make right' viewpoints that are harmful or disrespectful to others. It simply deepens our understanding of why some people hold the views that they do – and why we ourselves hold the views that we do.