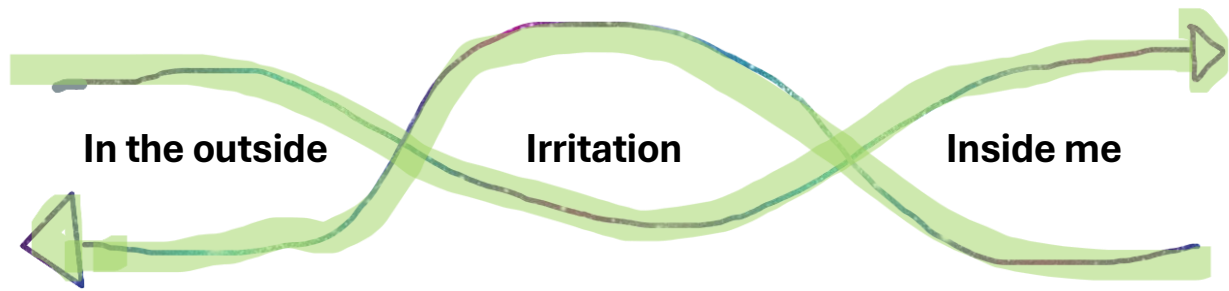


Three Moments of Perception



If something in everyday life irritates you, stop for a moment.

It is good to take some time before you react. Depending on the situation, you may want to ask the person causing the irritation a question in order to understand them better. This will help you check your perception.

Pay attention to your feelings: What's going on inside you?

The best thing to do is to write down everything you feel and accept whatever comes with love. There is a reason for all your reactions.

Now write down your thoughts about what happened: What did you see and hear?

Our thoughts contain an interpretation of the situation. They are coloured by the many experiences we have had. They are based on facts, but they may not always be true.

Now ask yourself how else you might see or interpret this situation and write down at least three more possibilities.

Observe what happens inside you: How do your feelings change when you allow yourself to accept new perspectives?

Now have another look at the facts and **decide what you want to do.**