

Changing your perspective: drone exercise

Sometimes when we are stuck in a situation, we can try to shift our perspective to uncover new information, such as obstacles and opportunities.

One way of doing this is a drone exercise.

Imagine you are on the ground, in your current situation. Imagine where you want to be and think about what is in the way, or if there are no clear paths. You can draw or write all this below, in the way that suits you best.

Now imagine you have sent up a drone above you. What might they see beyond the obstacles? Is there another way, or something to help move the obstacles? Draw or write it below.

You will hopefully be able to see things differently from your imaginary place on the ground and from the imaginary drone.

Write down what the drone can see that you can't:

Write down some ways of moving any obstacles in your path. Remember that the drone can see ways of moving them that you can't.

Write down some of the alternative ways of getting through or out of your situation, that the drone has seen but you haven't:

Finally, try to sum up the above in a sentence. It might be something like: I feel like I can't _____ because _____ is in my way but actually _____ can help me deal with it, and I can also find another way by _____.