ADDING A LITTLE PERSPECTIVE TO A SITUATION
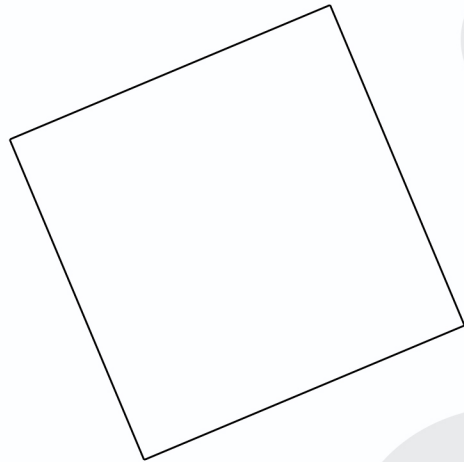
Things are always black or white. It's either right or wrong and there's no middle option.

Are there any questions I should ask myself (or other people) before making my decision?

I react right away without thinking or pausing to look at the situation properly.

I am open to new ideas and different options.

Thing are exactly as I see them. There is nothing else that I should consider here.

Everything is important and immediate!

Is this going to matter tomorrow? Next week? In a month? In a year?

I need to react right away!

I give myself time.

Do I need to take a step back to get a better view of the situation?

I believe there is only one way to look at things.

I give myself permission to change my mind, try something new, and make mistakes.

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