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## Heart of Happiness Webinar

### Shifting Perspective:

1. As an exercise in shifting perspective, think of one negative or hurtful situation that you have experienced.
2. List as many things as you can think of that you learned from that negative or hurtful experience.
3. On a scale from 1 to 5, with 1 meaning “poorly” and 5 meaning “very well”, rate your ability to shift your perspective that your performance on this exercise indicates.

Event

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What You Learned/Alternative Perspectives	Rating