

Perspective Swap

A quick way to see someone else's side

Think of a moment — a conflict, a character, a choice someone else made.
Answer these before you decide how you feel about it:

1. What might this look like from the other person's side?

2. What would I need to know to understand their choice?

3. What's one assumption I might be making that could be wrong?

Why this helps: Builds perspective-taking as a general thinking skill, not a stance.