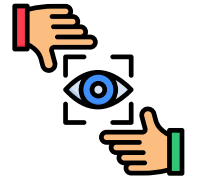


Practice 4

Perspective

What Else is True



Why This Matters

This practice isn't about positive thinking or pretending things are better than they are. It's a discipline of refusing to let the hardest part become the whole story.

When we're under pressure, our attention naturally narrows and we focus on the threat. The difficult conversation becomes everything. The uncertainty becomes everything. Perspective doesn't eliminate what's hard — it gently widens the lens again.

What we choose to notice shapes what we carry. Hardship is rarely the only truth — and learning to ask what else is true is where renewal begins.

Reflection Questions:

- *What is hard for me right now?*
- *What else is true alongside the difficulty — that you may not have been noticing?*
- *Who or what has been quietly present alongside the difficulty?*

Bloom Beyond Practice:

When something feels hard, don't minimize it. Then ask: What else is true? Name one specific thing — not general. Specific.