Flip the Record: Discovering the B-Side

Expanding Your Perspective One Question at a Time

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DAY 1: The Story You Are Telling Yourself

What situation in your life might you be interpreting from only one side of the mountain?

- What is the story you have been telling yourself about this situation?
- What emotions show up when you think about it?
- What might someone standing on another side of the situation be seeing?

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DAY 2: Questioning the First Explanation

When was the last time you quickly assumed you understood what was happening in a situation?

- What was your immediate interpretation of the event?
- What else could that moment have meant if you paused before deciding?
- How might curiosity have changed your reaction?

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DAY 3: Listening for the B-Side

Where in your life might a different perspective help you see something new?

- What belief about a person or situation have you held tightly?
- What might the B-side of that belief sound like?
- What small shift in thinking could open a new possibility?

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DAY 4: Standing on Another Side of the Mountain

Think about someone you disagree with or struggle to understand. What might their view of the situation look like?

- What experiences might shape the way they see the world?
- What might they believe is true from their perspective?
- What might change if you approached them with curiosity instead of certainty?

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DAY 5: Expanding Your Own Perspective

Where might expanding your perspective help you grow right now?

- What opportunity or situation have you dismissed too quickly?
- What might happen if you allowed yourself to explore another angle?
- What new insight could emerge if you paused and flipped the record?

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REFLECTION

Looking back on these reflections, where did you notice the strongest invitation to consider a new perspective?

- Which question made you pause or see something differently?
- What perspective shift felt most meaningful to you?
- How might practicing B-side thinking change the way you approach situations moving forward?