PSYCHOEDUCATION HANDOUT

The Vantage Point

Perceptual positions & the fluid perspective

Learning to see from the center of yourself — clearly, and on purpose.

Where you stand determines what you can see. Before you can shift a thought, soften a feeling, or change a reaction, you first have to be able to observe it. The Vantage Point is the trainable skill of stepping back — first from a situation, then within yourself — so you perceive from awareness instead of reacting from inside the storm.

1 · THREE PERCEPTUAL POSITIONS

the outer ground — shifting where you look from

1 FIRST POSITION
Self — your own eyes

Fully in your own experience: what I see, feel, want and need. Language of "I, me."

GIVES: AUTHENTICITY, SELF-ADVOCACY.

2 SECOND POSITION
Other — their eyes

Step into the other person's shoes — their view, feelings and intent. Language of "you."

GIVES: EMPATHY, UNDERSTANDING.

3 THIRD POSITION ★ THE PIVOT
Observer — the wider view

Step outside to a calm, fair witness of the whole relationship. Language of "he, she, they."

GIVES: OBJECTIVITY, PERSPECTIVE.

Research on self-distancing (Kross & Ayduk): taking the "fly-on-the-wall" observer view lowers rumination, anger and reactivity — while keeping the insight.

2 · THE FLUID PERSPECTIVE — TURNING THE OBSERVER INWARD

the inner ground — seeing with the whole of you

YOU · THE OBSERVER · YOUR INNER VANTAGE POINT

BODY — Somatics

Physiology, sensation, breath, tension.

I notice my body — I am not only my body.

HEART — Emotions

Feelings, longings, relational signals.

I feel this — I am not only this feeling.

MIND — Mental

Thoughts, stories, analysis, plans.

I have a thought — I am not my thought.

SPIRIT — Intelligence & Light

Meaning, values, conscience, awareness itself.

I witness — the seeing behind the seen.

When body, heart, mind and spirit are witnessed together — attuned, congruent, and held in one field of awareness — you see authentically, from the whole of you rather than a part of you. VisionLogic calls this developing Higher Consciousness.

3 · ONE SKILL, MANY ROOMS

the same Vantage Point across evidence-based therapies

DBT

The Observe skill feeding Wise Mind — noticing thoughts and feelings as passing events to watch, not commands to obey.

ACT

Self-as-context, the observing self. Defusion: "I'm having the thought that…" opens space between you and the thought.

EMDR

Dual awareness — one foot safely in the present while you observe past material "from a distance." The Vantage Point is that safe seat.

THE MOVE, IN ONE BREATH

Name it · step to the observer seat · see the parts at work · choose from the center

Synthesizes perceptual-position work (Grinder & DeLozier, 1987; Dilts), self-distancing research (Kross & Ayduk), the observing self of ACT (Hayes), Wise Mind in DBT (Linehan) and dual awareness in EMDR (Shapiro). An original VisionLogic framework; for education, not diagnosis.

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