

Perspective taking techniques based on Relational Frame Theory

(ideas largely borrowed from work by Matthieu Villatte, Jennifer Villatte, & Steve Hayes on Clinical RFT)

Shift perspectives to expand possibilities

- If you were holding x, like you might hold a newborn baby, what did you wish for her?
- If you could time travel and visit yourself in 10 years, how would you want to see this dialogue go?
- If I asked your best friend was watching this interaction, what would they say?
- If you were a therapist for a couple that acted this way, what would you think of them? What would you want for them? For him [pointing to critic], for him [pointing to experiencer]?
- If you were (someone client admires) [in the experiencer chair], how would you act differently?
- If you were me and you heard what you are saying right now, what would you think?

Tact the transformation of the experience from a shift in perspective

- When you look at this from another perspective, does it feel the same? Different? Do you see yourself the same way when you take these different perspectives?

Shift perspective in time to expand perspective

- What would you want to say to the younger you who struggled with this same difficulty?
- Imagine you are ten years from now, looking back on yourself, what would you say to yourself now?
- Imagine you keep up this pattern as it is now. What would things be like in two months, in two years, in two decades?

Create formative augmentals with conditional questions

- If x (whatever the critic says) were not weighing you down, what would you be doing? What would you need from him/her to make that possible?
- If you loved x instead of being angry, what would you say instead?
- If x were here watching this, what would she do or say?
- If you were able to be a friend to yourself, what would you say here?

Perspective stays still to observe different experiences

- How do you feel now? What are you thinking, just now?

Perspective changes to observe different experiences

- Is this the same or different now? Was it different in the past? Do you notice changes?

Contrast perspectives on the same experience to observe transformation of the experience

- One year ago, what did you imagine you would be like today? Tomorrow, remembering how you feel right now, what do you think you'll be thinking?
- Then tact the stable perspective that remains constant across contexts:
 - Equivalence framing: What remains the same? What doesn't change?

Establish hierarchical relations through metaphorical speech

- Container/content, Context/experiences, Whole/parts
- Notice that both of these sides are part of you. You are the container and these are pieces inside it.
- It's like you are the listener and both of these are voices playing from a radio

Establish relations of distinction between the self and the experiences

- Self *includes* experiences vs. Self *is* experiences
- You have the thought you are ugly vs you are ugly

Redirect self-evaluations toward the experiences

- Coordination framing applied to the experiences (e.g. What do you do that is unreliable? What kind of sensations do you feel when you are crushed?)