

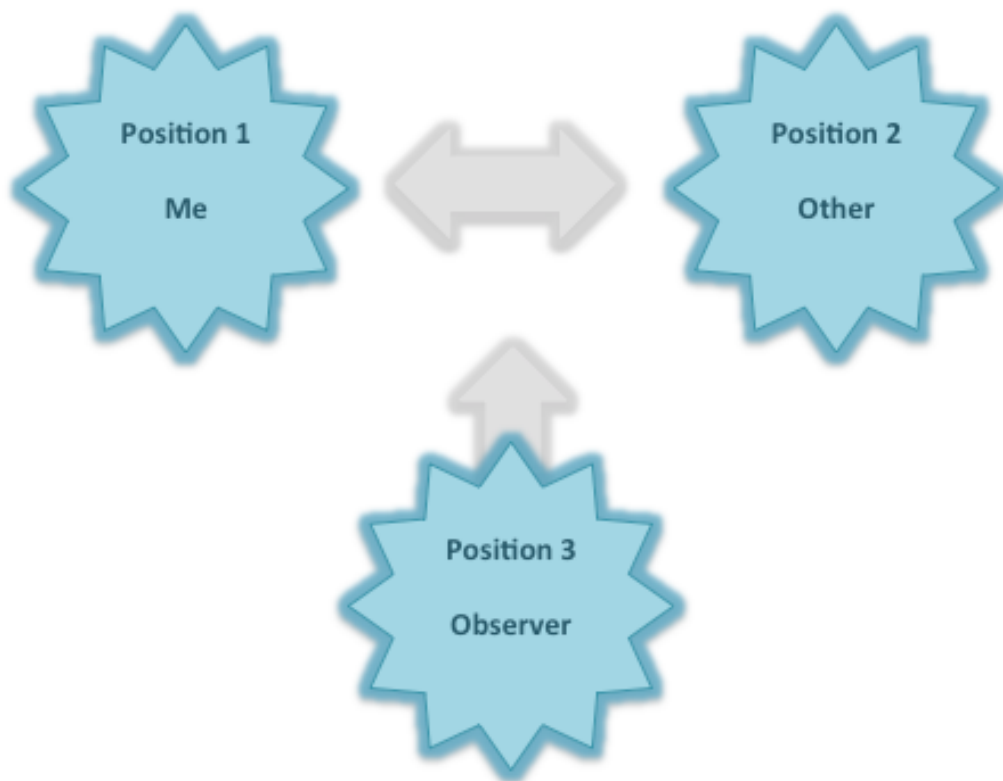


ARC Counselling and Information Service

Peer mentor training – worksheet

Perspectives

Having 'perspective' is the ability to see ourselves as others see us.



Look for three words to describe Position 1 and three words to describe Position 2.

The observer in Position 3 uses three words to describe the relationship and offers advice to Position 1 to improve the situation. Position 1 accepts this advice and tries to improve.

If you always do what you've always done,

You'll always get what you've always got.