

# QC0020SN - 3 Ways to Get a Different Perspective

Sometimes we have difficulties resolving problems because we get in a mental rut and get stuck with just one perspective...ours! We need a different perspective, but to do that we need to get some distance and some objectivity when it comes to our situation. In this podcast, we talk about three simple approaches to getting a different perspective on things.

Also, here's a link to a post we referenced by Shayla Love entitled "[Why You Should Talk to Yourself in the Third Person.](#)"

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