



Helicopter View CBT Worksheet

Various metaphors get used in helicopter view; some of them are as follow:

Flying low:

Flying low is an analogy for taking the opportunity to scrutinize the matter being discussed with greater precision. When you see or hear something that stands out, you go into detail during the conversation.

Flying high:

Flying high allows us to have a more significant overview. You can look at content/feelings/thoughts/settings like a helicopter from above. You assess the situation more broadly to see what else or who else is a factor.

Flying backward:

During the conversation, you might want to take a step back. Explore what has already been said or reported. For example, you ask the person to repeat what was just said.

Flying away:

You are the pilot in this conversation, and you have a choice. You don't have to have a difficult conversation there and then. You can take a break. You can leave the setting. You might choose to stop the conversation because of rising and intense emotions.

Limiting baggage:

Sometimes it is helpful to remember what happened in the past. What's dragging down this challenging conversation? How much emotional baggage or cargo do the parties involved bring to this conversation?. Don't hold any grudges and emotional turmoil.

References

[Vivyan, C. \(2010\). The Helicopter View. Retrieved 28 July 2023 from https://www.getselfhelp.co.uk/media/fyvntk35/helicopterworksheet.pdf](https://www.getselfhelp.co.uk/media/fyvntk35/helicopterworksheet.pdf)

[Mertsalova, I. B. \(2018\). *The Solving Life's Problems Workbook*. Australia: FriesenPress.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.