

Perspective Taking

Perspective taking is a technique that can help you understand a situation from different people's point of view. Using this worksheet, you can:



- 1) Describe **what happened** in a situation or at an event.
- 2) Understand **your emotions, and the emotions of others** who were involved in the event.
- 3) Identify what **you could have done** to change the situation or outcome.
- 4) Write down what you could do differently next time.

Use this section to describe a situation.

Pick a situation where you don't understand what happened, or don't know why other people reacted the way they did. You can write what happened, or draw a picture showing what happened

I wanted to watch a show on TV. Mum was on the phone but I still asked her if I could watch the show. She told me to wait until she finished on the phone and I started yelling so she would get off the phone. When she got off the phone I wasn't allowed to watch TV.

HOW I THINK THEY FELT:

ANGRY

What were the signs that they were feeling this way?



Talking loudly

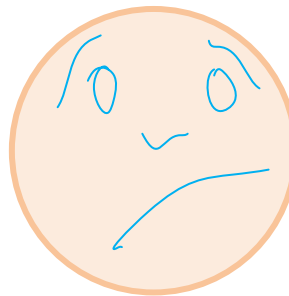
Red face

Frowning

HOW I FELT:

CONFUSED

What were the signs that I was feeling this way?



Didn't understand

Frowning

Sick in my tummy

WHY DID THEY FEEL THAT WAY?

Mum was talking to her friend on the phone but I kept distracting her and annoying her and she couldn't hear her friend talking.

WHY DID I FEEL THAT WAY?

I wanted to watch a show on TV and it was about to start. Mum told me I had to ask her if I wanted anything on TV, so I was doing what she asked.

WHAT COULD I DO DIFFERENTLY NEXT TIME?

Go and look for dad so I can ask him instead

Ask mum a bit quieter, or write a note so she can still hear her friend

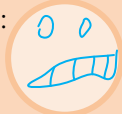
Wait for mum to finish on the phone, and ask her then. Find something else to do while I wait for mum.

How would this make us feel?

Them:



Me:



How would this make us feel?

Them:



Me:



How would this make us feel?

Them:



Me:



WHAT I WILL TRY AND DO DIFFERENTLY NEXT TIME

I'll go and look for Dad and ask him instead. But if he is out in the yard or I can't find him, I can write a note to mum and then wait quietly and play with my toys while I wait for her to finish talking to her friend.