

## 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.

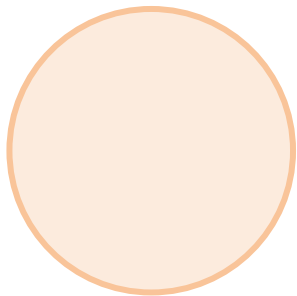
Pick a situation where you don't understand what happened, or don't know why other people reacted the way they did. You can write what happened, or draw a picture showing what happened

### HOW I THINK THEY FELT:

What were the signs that they were feeling this way?

### HOW I FELT:

What were the signs that I was feeling this way?

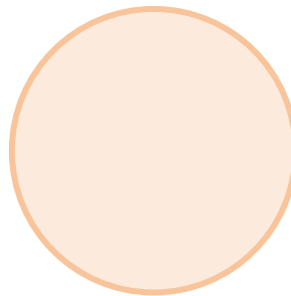


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### WHY DID THEY FEEL THAT WAY?

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### WHY DID I FEEL THAT WAY?

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### WHAT COULD I DO DIFFERENTLY NEXT TIME?

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How would this make us feel?

Them:



Me:



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How would this make us feel?

Them:



Me:



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How would this make us feel?

Them:



Me:



### WHAT I WILL TRY AND DO DIFFERENTLY NEXT TIME

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