

TAKING THE PERSPECTIVE OF ANOTHER WORKSHEET

	Name:	Name:	Name:
<p>What do you have to say about the situation that is worrying (your name)? Is there anything they may have missed?</p>			
<p>What would you suggest to (your name) to help them cope with the situation?</p>			
<p>What would you suggest that (your name) could do to take one small step towards a life that feels more fulfilling and meaningful?</p>			