

MIND READING REVISITED WORKSHEET

What did you notice about what the other person was thinking and feeling when you experienced the episode from their perspective?

What did you notice about what it was like to be the target of anger when you were in the other person's perspective?

From what you learned in the other person's perspective, how do you feel they would wish to be treated?

From what you learned in the other person's perspective – and based on what you know of your own values and chosen life direction – how would you choose to act if you were to be in this situation again?