

Worksheet #4
Sorting Out Perspectives

Directions: Complete the worksheet by responding to each of the prompts.

The experience as I saw it:

The experience as the other person saw it
(or how you think the person saw it):

How I felt about the experience:

How the other person felt about the experience
(or how you think the person felt):

Why I felt the way I did:

Why the other person felt the way he or she did
(or why you think the person felt that way):