

Understanding the Feelings of Others

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2. Listen to what the person is saying
3. Figure out what the person might be feeling
4. Think about ways to show you understand what he/she is feeling
5. Decide on the best way and do it

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Name: _____ Date: _____



Homework Sheet: Lesson 11

Fill in first three sections before leaving the session.

Skill to practice: _____

Anticipated Situation:

With Whom? _____

When? _____

Where? _____

Steps to follow (Write down each step of the social skill):

1.

4.

2.

5.

3.

6.

Fill in after doing your homework.

Thinking Check-in:

Actual situation: _____

List your thoughts, feelings, and attitudes and beliefs. (Circle those that put you at risk.)

Risk of doing what? _____

What new thinking did you use (or could you have used) to reduce the risk? _____

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Describe Your Actions (What you specifically did to follow each step of the skill):

1.	4.
2.	5.
3.	6.

1. What happened when you did the homework?

2. How well did you do at following the steps of this skill? (*Circle one*)

Excellent

Good

Fair

Poor

3. *What is another situation in which you could use this skill?*