

Empty Chair Technique Worksheet

Instructions:

1. Choose a Significant Person or Issue:

Identify a person or an issue that you would like to address using the Empty Chair Technique.

2. Set Up the Empty Chair:

Physically place an empty chair in the room, representing the presence of the person or issue you've chosen. Write down what the room is and why you chose it.

3. Visualization:

Close your eyes and take a few deep breaths to relax.

Imagine the person or issue sitting in the empty chair. Visualize their presence as vividly as possible. What did you visualise?

4. Expressing Thoughts and Feelings:

Open your eyes and sit in the chair facing the empty chair.

Speak directly to the imaginary presence in the chair. You can use the following prompts to guide your conversation:

- *What do you want to say to this person or issue?*
- *What thoughts and feelings have been left unspoken?*
- *What do you need from them or the situation?*

5. Switching Roles:

After expressing your thoughts and feelings, physically move to the empty chair and take on the perspective of the person or issue.

Respond to what you've said from their point of view. What might they say in response? How do they feel?

6. Reflecting on the Experience:

Return to your original seat and reflect on the conversation. What insights or new understandings have emerged?

7. Action Steps:

Consider any action steps or resolutions that may help address the issues raised during the Empty Chair Technique.