

Empty Chair Technique Worksheet

Name: _____ Date: _____



This worksheet guides you through the "Empty Chair" dialogue, a powerful therapeutic technique used to explore unresolved feelings, conflicts, or relationships. You can gain insights and emotional closure by conversing with a symbolic representation (the empty chair).

Before you begin...

1. Find a quiet, private space where you won't be interrupted.
2. Place two chairs facing each other.
3. Take a few deep breaths to center yourself.
4. Remember there's no "right way" to do this—trust the process.

Setting the scene

Who is sitting in the empty chair? (Choose one)

- ☐ A person with whom you have unresolved issues
- ☐ A part of yourself (inner critic, younger self, etc.)
- ☐ An emotion or concept (fear, grief, forgiveness)

Name who/what is in the chair:

What do you hope to achieve from this dialogue?

- ☐ Understanding
- ☐ Forgiveness
- ☐ Closure
- ☐ Setting boundaries
- ☐ Other:

The dialogue

Your initial statement: Begin by expressing what you've wanted to say. Write key points below:

Switch chairs: Move to the empty chair and respond as if you are the other person/part. What would they say?

Continue the dialogue: Return to your original chair and respond. Note insights or feelings that emerge:

Questions to deepen the work

What am I feeling in my body right now?

What do I need from this person/part that I haven't received?

What might they need from me?

What have I learned that I didn't know before?

Integration

Key insights from this exercise:

What emotions came up during this process?

One action I can take based on this experience:

Note: This worksheet can be used independently or with the guidance of a therapist. If you experience overwhelming emotions, please reach out to your mental health provider.