

Perspective Taking Worksheet

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|--|---------------|-----------------|
| Name: | Age: | |
| Date of session: | Practitioner: | |
| Walk in their shoes | | |
| To practice the "Walk in Their Shoes" exercise, choose someone you want to understand better, such as a colleague, or friend. Imagine their daily life, challenges, emotions, and goals. Then, write a journal entry or short story from their perspective, trying to capture their thoughts, feelings, and reactions. | | |
| Person: | | |
| Challenges | Goals | Emotions |
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| 3. | 3. | 3. |
| Journal entry | | |
| | | |
| Reflection | | |
| | | |

The 3rd person

Think about a situation where you experienced strong emotions. Imagine that you're an outsider watching yourself in that scenario.

Ask yourself questions like:

- "How would I view my actions from a distance?"
- "What advice would I give this person?"
- "What might someone else think about my reactions?"

Then, write down your observations and reflections as if you were offering advice to someone else.

The scenario:

How would I view my actions from a distance?

What advice would I give this person?

What might someone else think about my reactions?

A letter to my past self

Write a letter to yourself from the perspective of your future self. Imagine how your future self might look back on the challenges you're currently facing. What advice would they give you? What might they tell you about how this situation will unfold or how it will seem in hindsight? How might they encourage you to approach things differently or reassure you that things will work out? After writing the letter, read it and reflect on the insights it offers.

Begin here

Reflection

Additional notes