Understanding the Feelings of Others

1. Watch the other person
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
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. _______________________________________________________________________________________
2. _______________________________________________________________________________________
3. _______________________________________________________________________________________
4. _______________________________________________________________________________________
5. _______________________________________________________________________________________
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? _______________________________________________________________________________________

(Continued on Next Page)
### Describe Your Actions (What you specifically did to follow each step of the skill):

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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?