



Worksheet on Modules 4+6 (To Empathize... I+II)

1. Impact of external factors on emotions and thoughts

Factors	Impact? Do I become e.g. aggressive, sad, nervous...?
Alcohol	
Stress	
Drugs	
Weather/Light	
Medication	
Sleep deprivation	
Other	



2. Change of perspectives

What do you think/feel in this situation?	
What does the cashier think/feel?	
What does the elderly man think/feel?	
What could help you help you to understand the perspective of the elderly man?	