



Therapy Unit 7: Empathizing

Worksheet 7.5. Exercise “Social Situations”

I want to practice/try the following social situations (e.g. start a conversation with the new neighbor; arrange a catch-up with a friend; job interview; tell someone that something bothers me; etc.)

Doing that, what do I want to pay special attention to (see also therapy slides “What makes a good conversation partner” and “Implicit social laws”)

What apprehensions do I have concerning the exercise?

After the exercise: Did my apprehensions come true? If not, how can I explain this?
What was the experience like – and what can I learn from it for next time?