

Practice Exercise: THINK Skills

THINK about it differently:

With whom did you want to make peace/reduce conflict/reduce anger? _____

Briefly, what was the situation? _____

How were your interpretations or assumptions about the other person fueling your Emotion Mind or making things worse? _____

Indicate which steps you used and HOW you used them to THINK about it differently:

Think about it from the other person's perspective—what was his or her perspective?

Have empathy—what might he or she have been feeling or thinking? _____

Interpretations—were you able to think of more than one possible interpretation or explanation for the other's behavior? List other possible reasons for the behavior; did you come up with at least *one benign reason*?

Notice: What are ways the other person had been trying to make things better, to help, or to show he or she cared? _____

Or, how was the other person struggling with his or her own stress or problems? _____

Did you use **Kindness** and were you gentle when you approached the other person? _____

What was the outcome? _____
