

SELF-EVALUATION WORKSHEET – WORKSHOP NO.4

What is sadness and discouragement? What can we do?



Here are different statements that you can evaluate:

1. I liked the video clip.				
2. I liked the activities and teaching materials.				
3. I learned about the different levels of discouragement.				
4. I learned to observe the indicators of sadness.				
5. I'm better able to express what I feel when I feel sad inside of me.				
6. I've learned to feel auto-empathy and find new energy.				
7. I know how to use my body and my breathing to boost my energy.				