

SELF-EVALUATION WORKSHEET – WORKSHOP NO.6

How do I help my friend manage their fear?



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 to observe the indicators of fear in others.				
4. I've learned to be present and to welcome my friend.				
5. I'm able to compassionately welcome the emotions of others.				
6. I've learned how to offer my help.				
7. It's easier for me to talk about teasing and to make the situation less intense.				