

SELF-EVALUATION WORKSHEET – WORKSHOP NO.8

How can I help my friend handle their feelings of sadness and discouragement?



Here are different statements that you can evaluate:

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| 1. I liked the video clip. | | | | |
| 2. I liked the activities and teaching materials. | | | | |
| 3. I learned to observe the indicators of sadness and discouragement in others. | | | | |
| 4. I've learned to be present for 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 give compliments. | | | | |