

Seeing Someone Else's Perspective DBT Worksheet

Name	Date
Instructions: <ol style="list-style-type: none">1. Identify a recent situation or conflict where you had difficulty understanding or empathizing with someone else's perspective.2. Use this worksheet to explore their point of view, emotions, and motivations.3. Consider how this exercise can help improve your relationships and communication skills.	
Situation	
What were your thoughts and feelings during the situation?	
Why did you react this way?	
Identify the other person's thoughts and feelings	
Why might they have reacted the way they did?	

Are there any shared emotions or needs between your perspective and theirs?

What do you both want or need in this situation?

In hindsight, what could you have done differently to better understand their perspective or respond more effectively?

How can you use this insight to improve your relationships and interactions in the future?

What steps can you take to apply what you've learned from this exercise in your future interactions?

What support or resources might you need to help you implement these changes successfully?

Additional notes