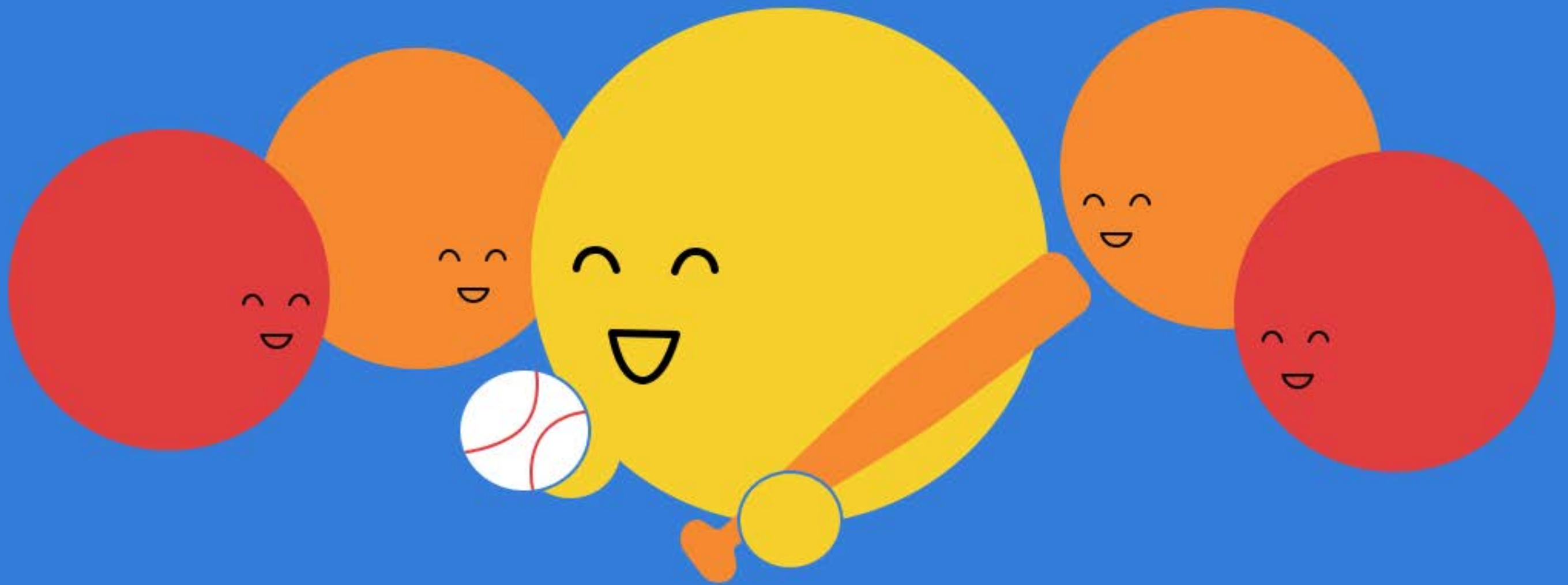


Perspective Taking & the 5 Steps of Being with Others



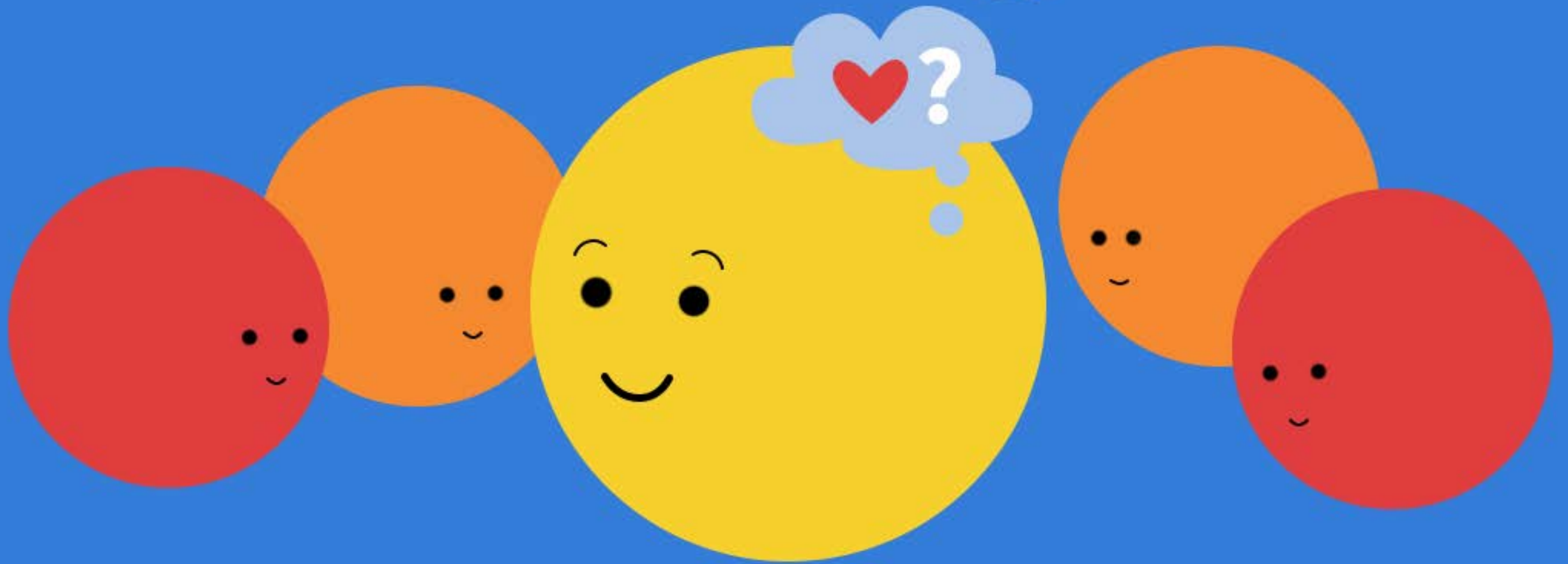
Perspective taking helps us make sense of social situations and understand the power of our own social thoughts, feelings, and behaviors in all aspects of our lives.

Step 1: I notice



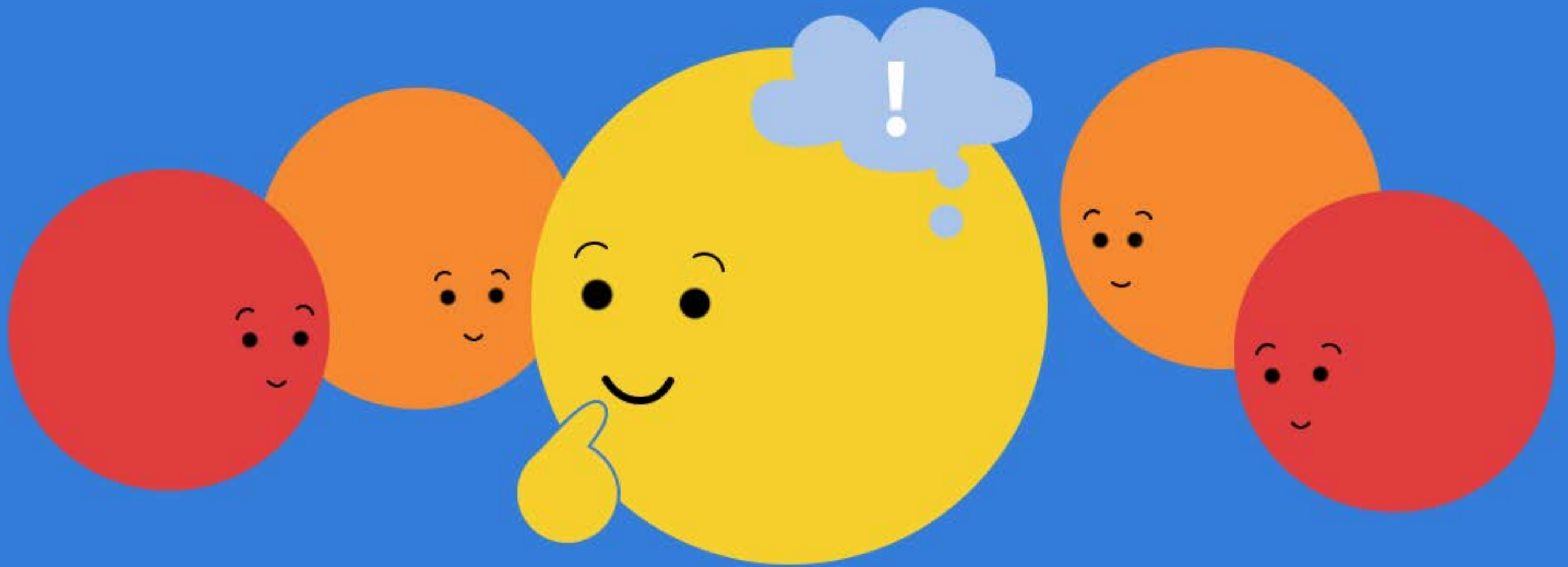
**I notice where I am, who is around, and
what's happening.**

Step 2: I have thoughts & feelings



**I realize I have thoughts, and sometimes feelings,
about what's happening and who is there. I realize
you are doing the same.**

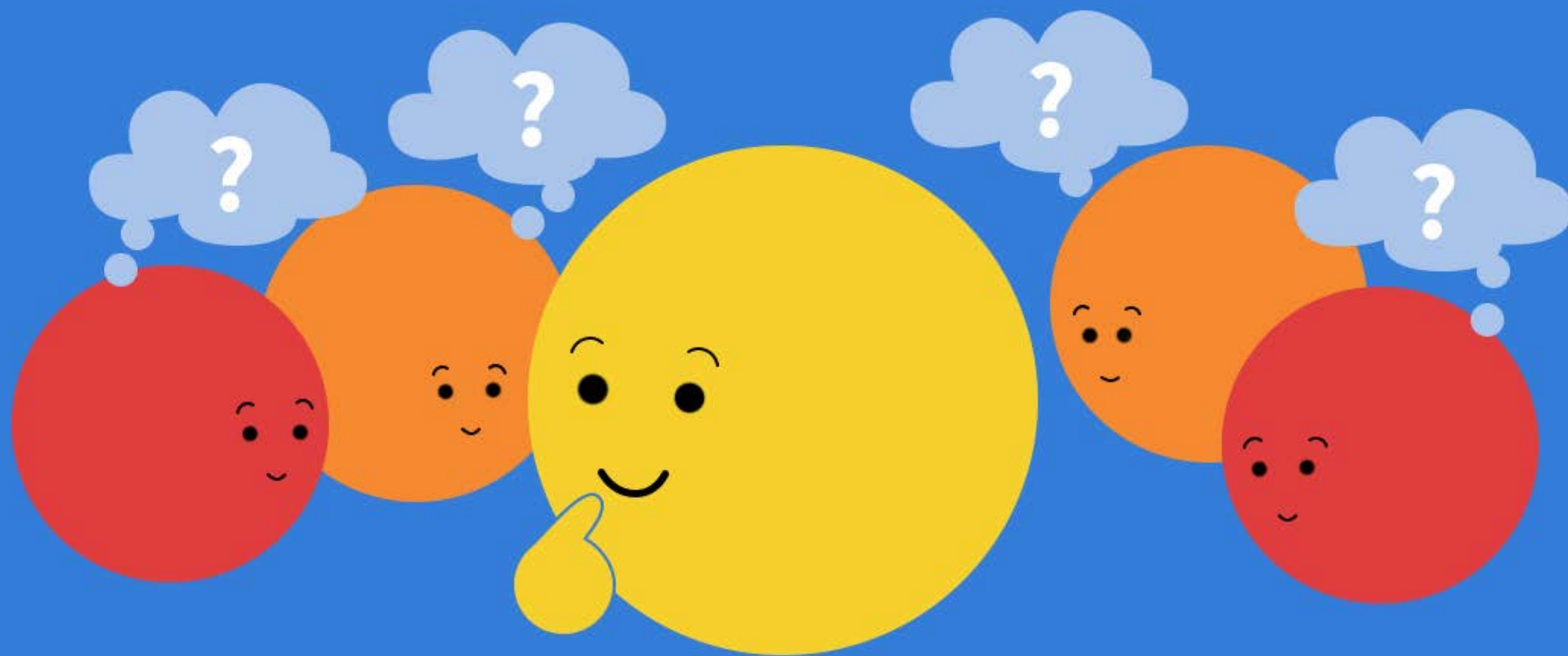
Step 3: I try to figure out



I try to figure out why you are here, what you are doing, and why. This helps me figure out your plan or intentions.

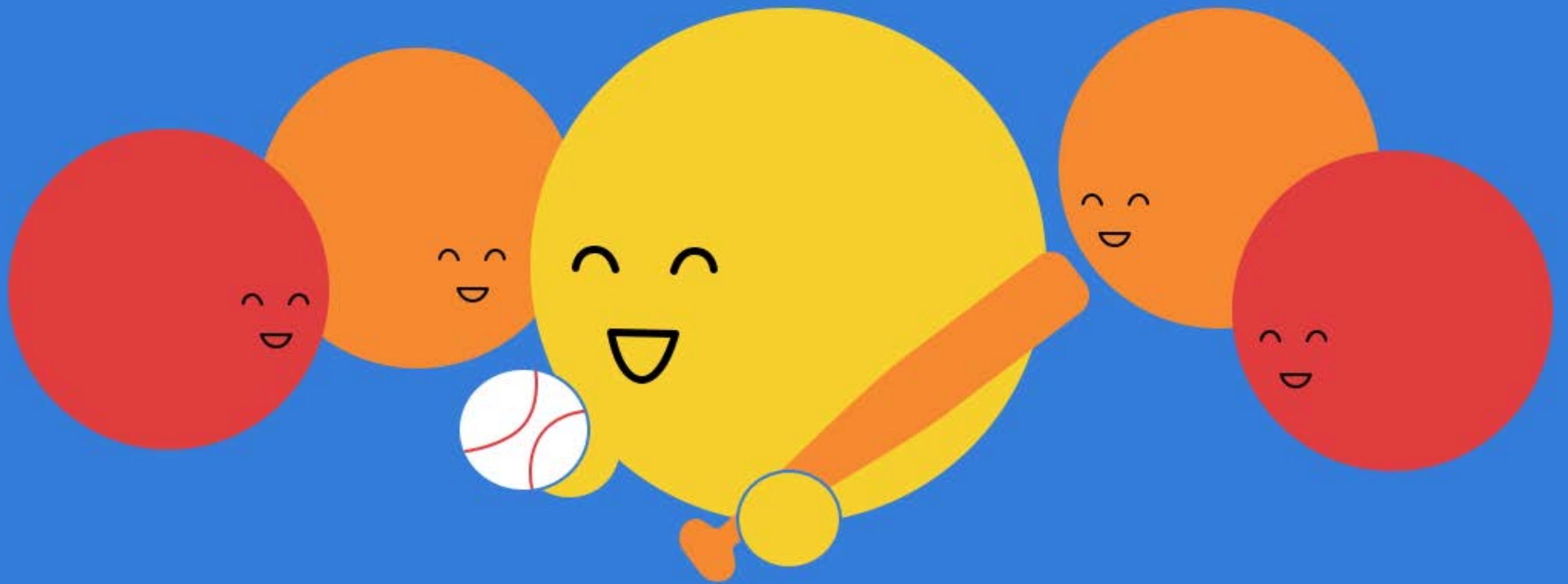
Step 4:

We try to figure out



I realize that you are trying to figure out my plan or intentions too. We are trying to take each other's perspective.

Step 5: I decide



Based on my social goal for the situation, I monitor what I do & say & then decide whether to adjust to keep you thinking & feeling the way I hope you will.

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