

Worksheet 15: A kind person in your life

Spend a minute thinking of someone in your life – past or present – who speaks to you in a caring way. Try to imagine the words they use with you, the tone of their voice and even their facial expressions and body postures when chatting to you. It may help to close your eyes to do this exercise, as this can bring more detail. You can then jot down some of the things you notice:

The types of words they use:

The types of words they don't use:

Their tone of voice:

Their facial expressions:

Their body positions: