



Monarch Center for Autism
A Division of Bellefaire JCB

5 Steps to Understanding How Someone Else is Feeling

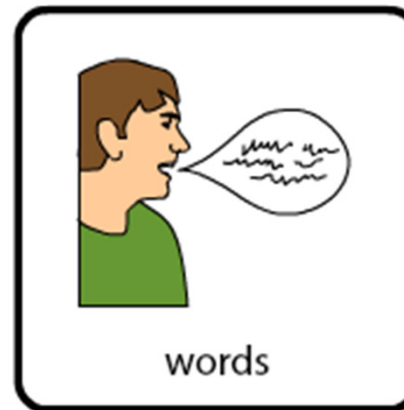
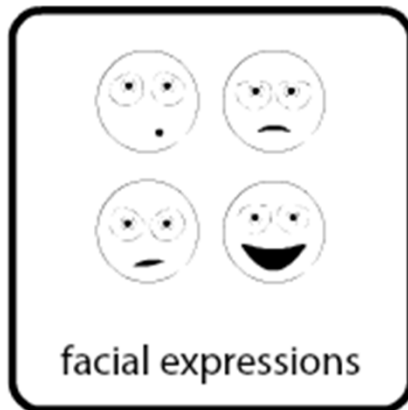
Visuals provided by VizZle™ (www.govizzle.com)

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1. I think about you.



2. I think about how you feel by looking at your facial expressions and body language, and listening to your words and the tone of your voice.



3. I think about what is happening to make you feel a certain way.



4. I remember a time when I felt the same way.



5. I sympathize or celebrate with you because I know how you feel.

