

## There Is “More To Their Story” Exercise

This exercise helps us recognize that there is more going on in our story and someone else’s story. We are quick to blame in avoidance of our own pain. When we slow down and feel what we are really feeling, and think about what someone else may be feeling, it helps us to see ourselves and others differently. When we realize that pain causes us to hurt others, we can then experience compassion and prioritize who we are over what we do and who others are versus what they’ve done.

Their story script:

\_\_\_\_\_treated me unkindly.

But really they are\_\_\_\_\_ (sad, scared, lonely)

They need\_\_\_\_\_ (list emotional needs)

Conclude with:

“They are not a villain and they would never have acted like that if their pain was comforted and their need was met.”

Emotional Need List:

Seen  
Heard  
Accepted  
Play  
Taught  
Protected  
Provision  
Valued  
Enough  
Affection

