

THINK Skills for Empathizing and Working with Families

adapted by Megan K Lerner, LCSW and Anthony T. Vesco, PhD from Rathus, J. H., & Miller, A. L. (2014). DBT skills manual for adolescents. Guilford Publications



THINK about it from the other person's perspective.

- How are they feeling?
- What thoughts might they be having about me? About the situation?



HAVE EMPATHY

- What can I do or say to show that I am listening?
- What is a sentence to summarize what they are saying?
- How might I feel if I was in their position? How can I say that in a sentence?



INTERPRETATIONS

- Can you think of more than one possible explanation for the other person's behavior?
- What is the reason that they acted like they did?
- What is the reason they said what they said?



NOTICE ways the other person has been trying to make things better, to help, or to show he or she cares.

Or, Notice how the other person may be struggling with his or her own stress or problems.



KINDNESS

- How can I be gentle and show concern for the other person?
- What do others do to help me feel calm? How can I do that with this person?