

Thinking About Others When You Have Problem

Even when you have very serious problems, thinking about others can make you feel better. This worksheet will help you think about how you can help someone else.

Directions

1) Think of someone you know who is having a problem. It could be a friend, a family member, a neighbor, or someone you don't know very well. Write down the person's name:

2) Think of an act of kindness you could do for that person in the week ahead. Is there some chore you could help them with? Is there a way you can show your concern or support? Write down your ideas:

3) Make a plan to carry out your idea. Write down how and when you will do it.

4) After you carry out your idea, write down how you felt.
