

## Translation Worksheet

- ▶ Use this worksheet with the “Feelings” and “Reasons” charts, available at [PeaceMadePossible.org](http://PeaceMadePossible.org).
- ▶ First, write down the event—what happened? who did what?—as objectively as possible.
- ▶ Next, write down your thoughts and opinions about what happened or the person/ people involved.
- ▶ Finally, fill out the last two columns—how you’re feeling and why—using the charts mentioned above as guides.
- ▶ Translate your Evaluations (first and second column) into your Experience (first, third and fourth columns).

EVENTS specific observations	EVALUATIONS judgments/opinions	FEELINGS emotions	REASONS needs/values