Hand in through Moodle drop box, due date listed on Moodle.

1. What are the four autobiographical responses?
   1. Evaluate
   2. Probe
   3. Advise
   4. Interpret
2. Select a relationship in which you sense the Emotional Bank Account is in the red. Try to understand and write down the situation from the other person’s point of view.
3. Myself. I've neglected my own well being for far too long. I need to make sure I start doing things for myself.
4. How valid were your assumptions?
5. When I was younger I assumed that I didn't need to pay a lot of attention to my health. It wasn't a good idea.
6. Did you really understand that individual’s perspective?
7. Well it was my perspective so yeah.