

A 30-Second Commercial

B Tell People's Stories

C Let It Flow

D Be Your Own Hero

Which exercise

- aids comprehension between individuals? 1
- requires repetition to be beneficial? 2 3
- can be done on your own? 4 5
- involves acting out a situation in two different ways? 6
- helps you to understand how others see you? 7
- involves recalling positive emotions? 8
- requires you to write something? 9
- involves imagining a future situation? 10
- is particularly useful training for social situations? 11 12
- helps you to help someone else? 13
- involves imitating someone else's behaviour? 14
- involves not saying certain things? 15 16
- is helpful for people who feel they are not noticed? 17
- can be entertaining? 18
- requires you to connect a feeling with a physical source? 19
- involves recalling a past failure? 20