

A 30-Second Commercial

C Let It Flow

B Tell People's Stories

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 .....