

## Exercise 2—The Two-Lens Rewrite

**Purpose:** Strengthen empathy, narrative flexibility, and emotional fairness by writing from contrasting perspectives.

**Duration:** 20–30 minutes

### Instructions:

#### Step 1 — Write a Neutral Account

Choose a recent interaction or moment from your day. Describe it in 6–8 sentences using only observable facts—no interpretations, no emotional language, no assumptions about anyone’s intentions. Write what a security camera would capture.

#### Step 2 — Shift into Another Person’s Lens

Rewrite the same moment entirely from someone else’s point of view—a person who was present or affected. Inhabit their perspective completely:

- What are their **immediate priorities** in this moment?
- What **worries or pressures** are they carrying that you can’t see?
- What might they **not notice** that you did?
- What **emotional logic** drives their reaction, even if you disagree with it?

Write as if you are them, using “I” and their internal voice.

### Step 3 — Add Layered Detail

Revise Step 2 to deepen authenticity. Add 3–5 specific sensory or emotional details that **they** would notice but **you** wouldn't. Examples:

- A texture, sound, or smell that matters to them
- A fleeting thought triggered by the environment
- A physical sensation tied to their emotional state
- A worry they're suppressing

Make their reality more vivid than yours was.

### Step 4 — Compare the Two Versions

Read both accounts side-by-side. Answer:

- What did their perspective reveal that you completely missed?
- Where did your assumptions about their motives prove wrong—or incomplete?

### Reflection Questions:

- Which version felt easier to write? What does that reveal about your default empathy patterns?
- What assumptions do you habitually make about others' motives in conflict or tension?
- How could this exercise help you write morally complex characters—or navigate difficult conversations in real life?

### Want to go deeper?

If you'd like more exercises that really get at the core of your personal emotional patterns, consider taking the free [Writer's Emotional Compass](#) or [Writer's Emotional Map](#) assessments. These assessments are designed to reveal your unique patterns, show you what strengths you can leverage, and identify areas worth developing. Both assessments are available at [emotethis.net](https://emotethis.net).

And if you're ready for personalized support, explore the [Coaching Services](#) for one-on-one guidance in developing your emotional intelligence as a writer, or check out [Manuscript Consultation Services](#) for expert feedback on strengthening the emotional architecture of your work.

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