

*Role-playing in ET training*

Role-playing is a powerful psychological tool that allows individuals to step into someone else's shoes, fostering empathy and a deeper understanding of others. By engaging in structured, playful simulations, people can experience complex situations in a safe and controlled environment, exploring different perspectives and behaviors without real-world consequences. This process enables the safe exploration of difficult emotions—such as fear, anger, or sadness—helping individuals build emotional resilience and social skills without harming themselves or others.