

SELF EMPATHY

EMPATHY:

A quality of being present with someone — hearing, seeing, and receiving them patiently without over-identifying, inserting ourselves, or trying to take them somewhere else.

Being present without trying to change anything, the intent with empathetic listening is to hold a space for identifying the underlying needs.

Listener asks him or herself: "What am I hearing the speaker say that they are longing for? What are the key qualities that they are speaking to?"

The optimal environment to support a person in accessing their own resources and coming up with their own strategies is a place of deep listening and empathy.

"Empathy forges communication that is inquisitive, nonjudgmental, validating, and compassionate. The primary thing that starts to happen when we communicate in this way is that it changes us, it softens us. We see the people in our lives in a different way."

- Paul Parkin

SELF-EMPATHY:

EXERCISE: COMPLAINT TO CORE VALUE TOOL

Objective:

Use an evaluation as a point of departure for self-empathy

Process:

1. Scan the judgement words available on the Complaint to Core Value tool until you find one that you recently made of another person.
2. Read through the initial feelings indicated. Which of these resonate with you?
3. Read through the feelings indicated. Which of these resonate with you?
4. Read through the needs indicated. Which of these resonate with you?

Partner reflection: What did you notice? Did anything shift or settle? Did you learn anything?

EXERCISE: INITIAL FEELINGS TOOL

Objective:

Use initial feelings as a point of departure for self-empathy

Process:

1. Think of a difficult situation you experienced recently.
2. Scan through the Initial Feelings to Underlying Needs tool until you find a word that characterizes your initial feeling in this situation.
3. Read through the feelings indicated. Which of these resonate with you?
4. Read through the needs indicated. Which of these resonate with you?

Partner reflection: What did you notice? Did anything shift or settle? Did you learn anything?

EXERCISE: BODY SCANNING

Objective:

Getting in touch with bodily sensations as a point of departure for self-empathy.

Process:

1. Think of a difficult situation you experienced recently.
2. Instead of trying to identify the evaluations or initial feelings, take a deep breath and exhale slowly.
3. Create some spaciousness and calm so that you can come back into your body and bring awareness to your bodily sensations as you remember this difficult situation.
 - What do you notice?
 - Allow yourself to hold space for these sensations without trying to change them.
 - What is going on with your body?

Partner reflection: What did you notice? Did anything shift or settle? Did you learn anything?