Empathy Exercise 1 (Practicing empathy for yourself – you won’t be asked to share this)
Write down 1 or 2 things that are nagging at you in the background, lingering worries or concerns that have nothing directly to do with this class but might affect your learning today:
_______________________________________________________________________
_______________________________________________________________________

- Read over the concerns you’ve listed—don’t make a judgment about whether the concerns are good or bad, reasonable or unreasonable, they are human concerns.
- This exercise won’t get rid of those intrusive thoughts, but by noticing them they are less likely to have an effect—they won’t surprise you.
- And when these concerns come back, which they might, many times even in the next few minutes, you can recognize them now as old friends: “oh look, here is some anxiety again.”
- This recognition is self-compassion, which means having empathy for yourself
- It helps you to be kind to yourself.
- It is not easy being human – cut yourself some slack!
- If this seems difficult, remember that you can gradually get better at this, just like you can gradually get better at anything through learning and practice.
- Practice doing this on your own at the start of each class, and remember that everyone in the class is having their own struggles!

In the School Bully Sketch from Key and Peele, what did Michael Keegan Key’s character do really well?
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
List the three skills for calming other people down:

1.__________________________________________________________________________________________________

_____________________________________________________________________________________________________

2.__________________________________________________________________________________________________

_____________________________________________________________________________________________________

3.__________________________________________________________________________________________________

Remember, these three skills are not a guarantee; they might not always completely calm the situation. However, they will:

1. Give you a higher probability of success.
2. Are far less likely to escalate the conflict.
3. Minimize the creation of bad blood.
List the four skills we can develop to calm ourselves:

1. __________________________________________

2. __________________________________________

3. __________________________________________

4. __________________________________________

Appreciation Exercise which helps develop the skill of keeping things in perspective during a conflict. (You won’t be asked to share this.) Think of someone with whom you’ve had a conflict (don’t write their name).

Write down two things you appreciate about them:

____________________________________________________________________________________________________________

____________________________________________________________________________________________________________

Our community is like a ship and the sea represents accountability. Sailing the sea of accountability is a challenge for every community. The four skills for staying calm help our community navigate the sea of accountability. Giving the benefit of the doubt, for example, puts us in a better position as community members to assign consequences for aggressive behavior that are fair and just, rather than vengeful and cruel. Embracing vengeance is like sinking beneath the sea.
Tactical Breathing Exercise

One of the most common breathing techniques for calming yourself down is Four Count Breathing, also referred to as Tactical or Combat Breathing. Four Count breathing requires you to consciously regulate the amount of airflow your body is receiving over four second intervals. While it can be a difficult technique to master under extreme stress, the principle of the breathing is simple. Breathing is as follows:

1. Slowly inhale a deep breath over 4 seconds.
2. Hold the breath in for 4 seconds.
3. Slowly exhale the breath out over 4 seconds.
4. Hold the empty breath for 4 seconds.
5. Repeat until your breathing is under control.

In other words, take a deep breath through your nose for a count of four. 1, 2, 3, 4. Hold that breath for a count of four. 1, 2, 3, 4. Breath out through your mouth for a count of four. 1, 2, 3, 4. Hold again for a count of four without breathing at all. Then repeat the entire process four times. If your heart is racing this is a very quick way to slow it down and get a hold of yourself. It is a technique that I’ve used in my military and civilian life and has allowed me to control not only my body but my thoughts when doing things. You can use Tactical Breathing when you need to quickly get control of your breathing. It will take focus and control to maintain this rhythm...

Every person is different and sometimes repeating it 4 times does not calm people down, they might need to do it 5 or 6 times. It depends on the individual, but a general rule, especially when there isn’t a lot of time such as in a combat situation, 4 is the way to go (from Ch. 5 of Grossman’s On Combat 2012).

List the three kinds of fuel that feed the fires beneath aggression, and provide examples of each.

1. _____________________________
   Example_________________________________________________________

2. _____________________________
   Example_________________________________________________________

3. _____________________________
   Example_________________________________________________________