

Self-Empathy Practice

*Instructions: Begin by identifying a clear stimulus (factual **observation** of what happened), then continue below, completing Step 3 before moving on to Step 4.*

(1) OBSERVATION/ STIMULUS

(2) FEELINGS/ SENSATIONS

(3) MINDSTUFF / THOUGHTS as you consider stimulus

**(4) NEEDS that
underlie the thoughts**

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Self-Empathy Practice - continued

(5) Take a moment to **notice the difference** between your mind-stuff (part 3 above) and what actually happened (the actual stimulus you recorded in part 1)

(6) **Circle three needs** (from part 4 above) that resonate most fully with you.

(7) **Take time to be with your feelings and needs fully.** Sit with them for a minute.

If, at this stage, new feelings and thoughts come up, go back into steps 2-4, taking time to find the needs underneath these new feelings and thoughts.

(8) Out of all your needs you've identified, **which ones feel the strongest?** Write them below.

Take a moment - be with it as a quality of experience or energy rather than a deficiency or hole to be filled. Imagine times when you have experienced that quality fully in your life. What does it feel like?

(9) At this point, you may want to create an affirming empathic statement to yourself (including the feelings and needs that are most present for you in this moment). **Try to write this in a way that does not attach your need to any particular person or strategy.**

No wonder I'm feeling _____,

I really need/value/ want more _____.

(10) **Requests/Choices:** Hold your attention on the needs most present for you. From this place of full attention and presence, allow insights or strategies to evolve. Perhaps simply going through a self-empathy process is enough to feel more balanced. If not, what other choices or requests (to yourself or others) could you make?