

- SELF-EMPATHY MENU**
 (= Self-Awareness)
- By Yourself**
- Breathe
 - Identify own Needs & Feelings
 - Relaxation Techniques
 - Walk/Move
 - Distract yourself
 - Rest
 - Other self-soothing
- Outsourcing (letting others assist you)**
- Hugs
 - Massage
 - Talk / Vent
 - Pleasant Company
 - Professional Counselor
 - Other supporters

SOMETHING BAD (POOP) HAPPENS!

WHAT TO DO WHEN LIFE'S POOP HAPPENS (BETWEEN TWO PEOPLE)

~ **REACTIVITY** ~
 Sympathetic Branch of Autonomic Nervous System gets *TRIGGERED*
 > Fight / Flight / Freeze <
BECAUSE A NEED ISN'T MET

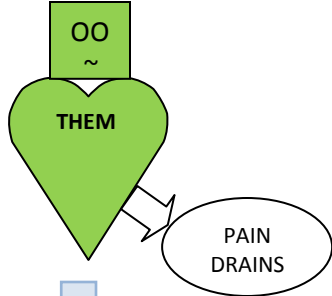
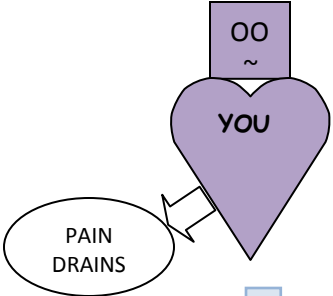
IDEAL SELF-AWARENESS OPPORTUNITY!
 TRAIN self to always BREATHE this moment!
 Beginning of Self-Awareness: Stop Reactivity

NOW: You assess the Empathy-tanks (available empathy) and CHOOSE EMPATHIC ACTION (behavior = strategy)

- or it's likely to become

!! CONFLICT !!

if YOUR E-tank is	and THEIR E-tank is	then EMPATHIC CHOICE is
emptyish	emptyish	Self-Empathy (for both)
fuller	emptier	You Offer Empathy/Appreciation TO Them
emptier	fuller	You Request Empathy FROM Them



OFFERING/REQUESTING EMPATHY:
dropping into awareness of FEELINGS & NEEDS to create CONNECTION