

The Dance Of Empathy:

With Model Sentences for the Five Empathic Choices

Self-Empathy (thinking about self)

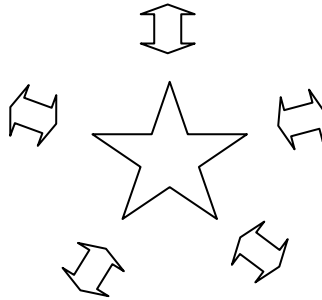
"Wow -- When I hear /see (event), I feel ____, maybe because I need ____. What can I do to help myself?"

Requesting Empathy from Other (Honest Expression)

"You know, when I hear /see (event), I feel ____, because I need ____. Would you be willing to ____?"

Offering Empathy to Other (silently or verbally)

"Wow – When I hear /see (event), I wonder if you feel ____, because maybe you need ____? Would you like me to ____?"



Empathic Appreciation

"Thank you so much – that really helped me meet my need for ____; I feel ____!"

Empathic Apology

"I am so sorry – When I did that, I imagine you felt ____, because maybe you really needed ____. Is there anything I can do now to help?"

The Star ☆ Moment:

When we notice ourselves or another have become "triggered" (disconnected), then we can choose our response.