

5 Key points about how to create Empathetic connection with another person

1. **Being present** - (generally being silent and connecting) to what is alive in that person, without offering judgement, diagnosis

2. **Connecting with the other persons feelings** and needs (either outloud or silently)

3. **Staying in empathy** — until receiving signs that they are finished

4. **Check in with them**

Ask - is there anything more you'd like to say?

5. **Review post empathic requests** - what else might this there person need (Advise? A hug? Some space to themselves?)

Pick both a positive and negative feeling this week

Feelings, positive and negative

Part 1: expressing feelings, positive and negative with a partner

Feelings

Positive :

Love, joyful, playful...

Negative:

Frustrated, sad, angry..

Pick a positive and negative emotion that you had this past week and write a

I felt _____ because I experienced _____ this past week.

1. (Positive emotion) **I felt _____ because I experienced _____ this past week.**

2. (Negative emotion) **I felt _____ because I experienced _____ this past week.**

For the positive emotion, Partners respond with empathetic keys 1 and 2, and clarify if they heard the other person correctly.

For the negative emotion, Partners respond with empathetic keys 1 -4.

Both partners Exchange positive emotions, before moving onto negative emotions.

Part 2: Mourning (without saying I'm sorry)

Feeling connected to any sadness, grief, or loss felt

Instead of saying "im sorry that you're going through that"

Try, "I feel sad to hear that you _(feel/ experienced/ lost, etc.)_____

(Because

_____. (Optional)

Connecting to an actual feeling

Practice saying that or someone you love is going through some difficulty in life:

Medically, mentally, loss of a loved one, or financial stress

Exercise 2

Write down a scenario -4 min.

Please write a situation where you felt hurt by another person's words, actions, or inactions in regards to you.

Write what your feelings were about the situation.

Feelings

Sadness, annoyed, frustration, fear, loneliness, anxiety, anger, sorrow, rage,, etc.

I felt _____ in this situation because...

What unmet needs of yours were not being met

Needs

Safety, Shelter, Food, Clothing/warmth, Water, Love, Connection, Belonging, Peace, Harmony, Individualism/autonomy, Care, Clarity, Self-actualization

My unmet need was _____ in this situation.

Partners Listening:

Practice empathetic listening and responding first, if you have completed the compassionate connection exercises with this situation, you can move onto mourning, - "I feel _____(empathetic emotion)_____ when you tell about your experience because _____(reason)_____.

Part 3:

Identifying one's personal triggers for emotional responses (if applicable to this situation, it may not be)

It's not the other person that is causing this feeling within us
Their behavior could trigger something inside of you
That brings up past emotions, thoughts or feelings that brings up the anger, fear, sadness, etc. (generally people discuss "triggers" for anger.

Write down an example that has happened in your own where you can identify a time when got angry at another person for their words or behavior.
Then see if you can identify a thought that you had that contributed to your anger (4 min)

If there is time share with your partner your scenario
What happened
The trigger for your anger
And the thought process behind the anger

Last stage: Reverse Empathy

If the person who came to you to seek healing, and you've given empathetic healing, you will know that this person has felt fully heard
If you they turn around and start giving you empathy in return (ex: asking you about your day, hugs, etc.)
If you don't get there, don't take it personally.
Each person is allowed to have their own healing experience, in whatever way they need it.

Wrapping Up

Would anyone like to share their experience in this workshop? Any moments of realization or take aways from this practice?

If possible, try to find someone in your life to work with you as an empathy buddy, where you can chat on the phone, in person, or via text, where you can both give and receive empathy to one another. This is helpful for feeling supported in life, and also allows one to practice this to become a more genuine and empathetic communicator. List 2 Possible empathetic buddies in your life.

Thank you for joining for this Empathetic Communication Workshop.
Stay in touch, trinitywavedesigns.com, trinitywavedesigns@gmail.com
Love and Light!