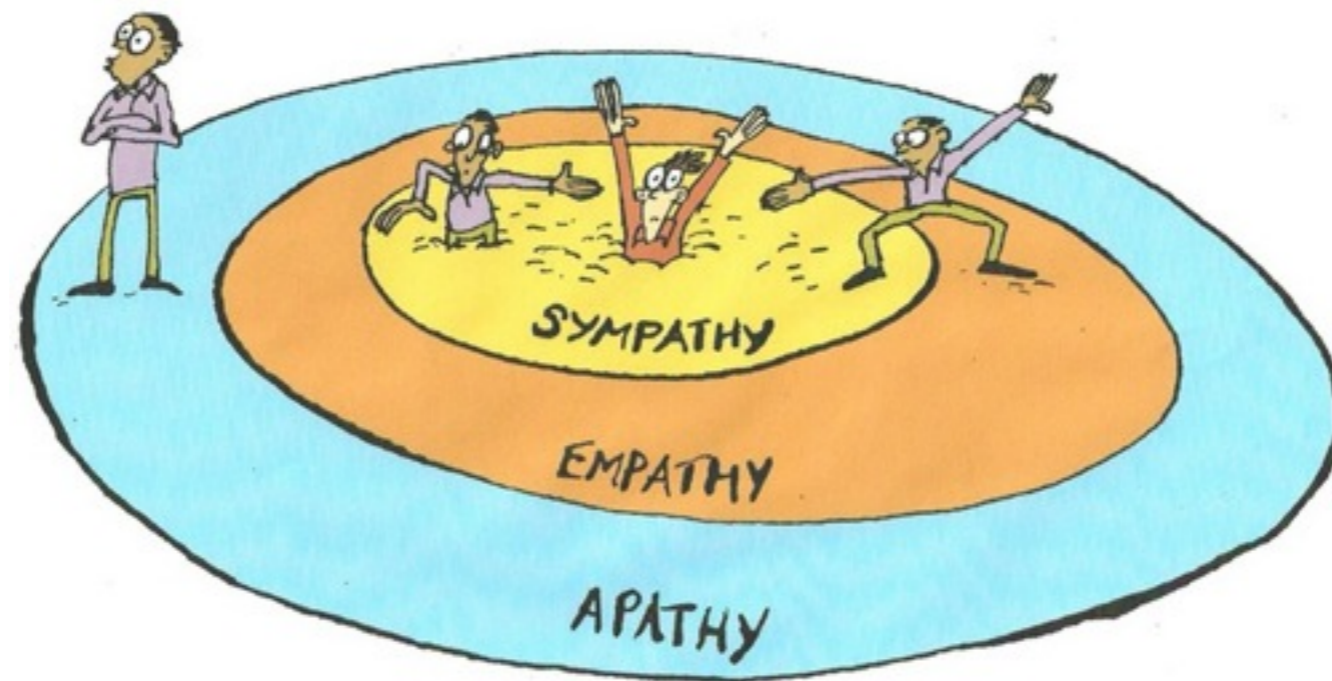


Finding Empathy: It's in the Center of Your Heart

Apathy- Lack of feeling. I don't care. Checked out. Closed heart.

Empathy: genuinely showing care and understanding for the others feelings and needs.

Sympathy: Feeling sorry for someone, pity.



NO FRACKING!

What NOT to do when giving presence, understanding and empathy.



"No Fracking" is from Relationship Coach Jayson Gaddis

FIXING

No One is BROKEN.

When you stop trying to control,
change, or fix people, and simply
love them right where they're at...
miracles happen.

RESCUING

Most of the time wanting to rescue someone is a fantasy you picked up. You can be the hero by giving the gift of your presence.



Are you wanting to fix because you wanting to end your own discomfort?

ADVICE GIVING

People want to be understood, not fixed.

People don't always need advice. Sometimes all they really need is a hand to hold, an ear to listen, and a heart to understand them.



COMPLAINING

Even if you are frustrated or uncomfortable with their pain, don't make yourself a victim and complain about it. Go vulnerable baby!



KILLING THEIR EXPERIENCE

Don't deny or tell them their experience isn't valid or real. Even if you think it's crazy!



Giving empathy and understanding does not mean you agree with it.

So, how do you give empathy?
What are the different forms?



Self Empathy

The most important empathy of all.

What's alive in me?

What am I feeling and needing?



Before giving empathy ask yourself how is my own empathy well?

You are worthy of your own care and compassion.

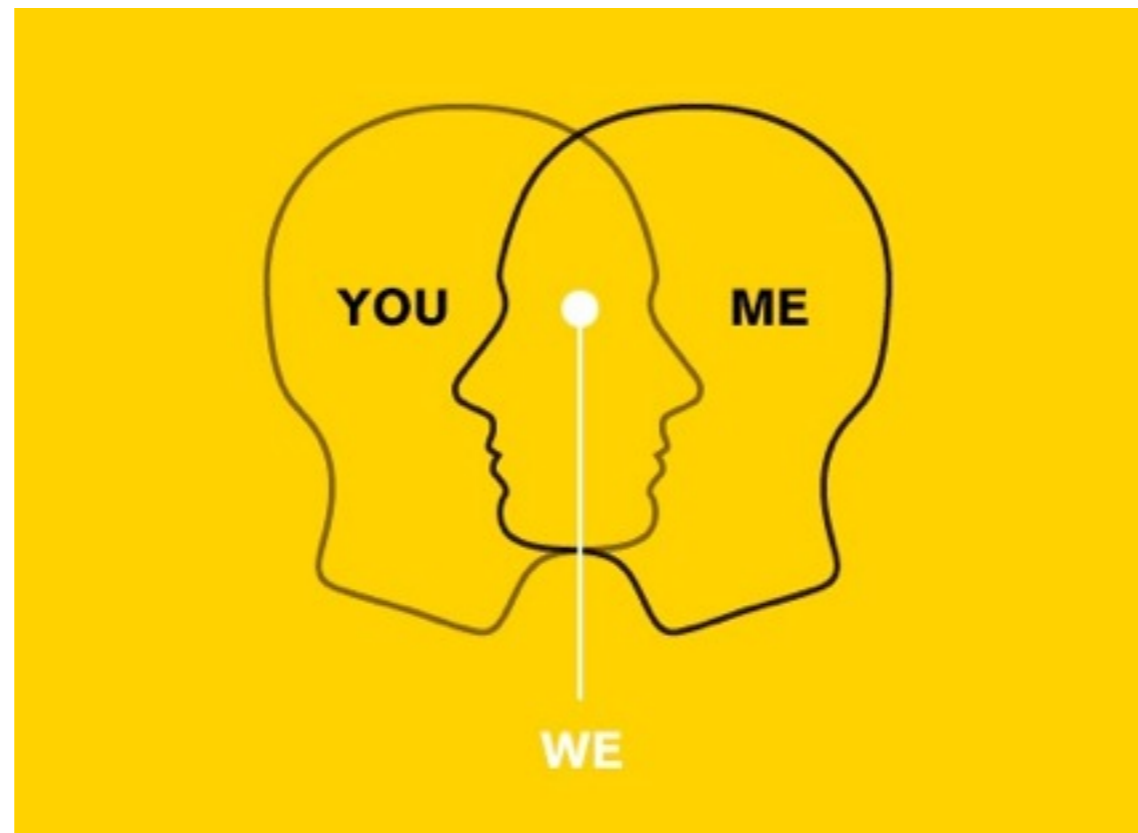
Your feelings and needs matter!

Reflecting back feelings and needs.

Even if you don't hear them or know, you can guess or imagine.

I'm guessing you might be feeling _____

I am imagining you might be needing _____



Weaving my Story with Yours

People want to know they are not alone.
What have I experienced that is similar?
Be careful don't make it about you.



Heart Centered Presence

Give the gift of your presence. Listen. Open your heart. Feel with them.



**EMPATHY IS SIMPLY LISTENING, HOLDING
SPACE, WITHHOLDING JUDGMENT, EMOTIONALLY CONNECTING,
AND COMMUNICATING THAT INCREDIBLY HEALING
MESSAGE OF "YOU'RE NOT ALONE."**

Embodied Empathy

Feeling their feelings/needs in your body reflecting back to them how that lands for them. Guiding them into their own connection with self. Get curious about where the emotions land in their body.

- I am curious where you feel that in your body?
- If that feeling in your body has a voice what would it say? (Find the needs in what they express)
- When you share that experience I notice _____ comes alive for me in my body, how do you resonate to that?

*Go Slow. Less words. More feeling. *

Breathe- stay self- connected

When you feel yourself going to your mind, come back to your body and heart.