

# Self-Empathy Exercise

**Observations** Write here the exact words or actions that triggered you

**Thoughts** Write down your thoughts about what happened. Include your judgments, criticisms, blame etc. about the other person and/or yourself

**Feelings** Write down how you feel *now* when you remember what happened and what you are telling yourself about the event

**Needs** Take some time to think about what universal needs were unmet for you and write them here

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Take some time to be with those unmet needs – let yourself **mourn** that the weren't present for you in the way you wanted at that time. See if you can notice where the constriction of the unmet needs lies in your body (throat, chest, stomach, other?).

Allow yourself to see the **beauty** of them... to contemplate that those needs connect us all; they are needs that all humans share. See if you can experience the needs as living qualities in your body (to do this, close your eyes and imagine a time when those needs *were* met, experience how that feels in your body).

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**Requests\*** Now that you are connected to your needs, write down any new requests that arise in you. This could be to yourself, the specific other or anyone else.

\* To be most effective, make your requests: specific; time-bound; doable; what you do want (rather than what you don't want); transparently connected to your needs and with a willingness to hear a 'no'.