Self-Empathy

What am I:
• seeing or hearing that’s stimulating me?
• thinking?
• feeling in the body?
• needing?
• requesting to address those needs?

Check Intention

Am I:
• centered, open, or relaxed?
• curious about connecting?
• knowing that I don’t have all the answers?
• open to any outcome that addresses all the needs?
• stressed, scared, or angry?
• wanting to be right?
• wanting to get my way?
• closed to other outcomes?

Empathic Listening

What are they:
• seeing or hearing that’s stimulating them?
• feeling?
• needing?
• requesting to address those needs?

Empathic Expression

What I:
• see or hear that’s stimulating me
• feel
• need
• request to address those needs

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