Self-Empathy
(aka “What We’re Bringing into the Room”)

1. **Thoughts** - Touching our head and Naming stories, judgments, interpretations, and beliefs we’re holding.

2. **Feelings** - Touching our heart and Naming the present body sensations and emotions we feel.

3. **Needs** - Touching our belly and Naming the Needs underlying and being expressed through the Thoughts and Feelings.

4. **Requests** - With hands open to receive, Naming any Request for Action that arises out of connecting to the Needs.

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Based on the work of Marshall Rosenberg and the Center for Nonviolent Communication (cnvc.org).