Self-Empathy exercise with support

Need, feeling, body

The purpose of this exercise is to get to know the needs at several levels, mentally, emotionally and physically.

The exercise is done 2 by 2.

A is the first to work with a need.

B asks the following questions, and write down the answers. The paper can be given to A at the end.

B say back the answers from A, when A is silent, and gives a little time to see if there is more A wants to say. B is serving as a mirror, and says it back exactly the way A said it.

A gets the experience of connecting inside, expressing it, and hearing his/her own words back.

1. Choose a need that you want to give more space in your life. Write it here _______________

2. Find a situation where this need for _______________ was met – maybe just a little or short time. A connects with the situation, but don’t say it out loud. Give a sign to B when A feels the experience of the need being met.

3. How does it feel to be in contact with the need for ____________ in this situation? (feelings)

4. What do you sense in your body? (body sensations) It is OK if A mixes feelings and body sensations.

5. What would it mean to you if this need for ____________ would be fully met? How would that change your life, your world?

6. What do you sense in you body now, when you imagine your changed life?

7. What feelings do you have now, when you imagine your changed life?

A gets 1-2 minutes of silence to integrate the experience.

If A has an inner picture of the situation, where this need was fully met, A might want to write or draw an expression of this image in order to be able to recall it later on.

Both A and B keeps silence until all has finished and you are being guided to the next step.

Then switch roles.

When both have made the exercise, you have a few minutes of exchange about how it was for you to do this exercise.

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Change is possible

With inspiration from Robert Gonzales