

Self Empathy Flow Sheet

Cues: _____

(How do I know I am activated? Body sensations, i.e. flushed? Feelings? Thoughts?)

Observation: _____

(What activated me? An event? Something someone said (quote)? A tone of voice?)

Thoughts: What Am I Telling Myself?

1. _____
2. _____
3. _____
4. _____
5. _____

(Judgments? Evaluations? Expressions of exasperation, confusion, resentment, rage, pain?)

Needs:

1. _____
2. _____
3. _____
4. _____
5. _____

Feelings:

1. _____
2. _____
3. _____
4. _____
5. _____

Empathy Statement:

No Wonder I feel _____

Because I *really* value/need _____
_____ !!!

When I *imagine* these needs *totally* met, I feel _____
_____ !!!